



Nan's Chorizo & Veggie Risotto

with Parmesan

Grab your Meal Kit with this symbol



Mild Chorizo



Courgette



Soffritto Mix



Arborio Rice



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Baby Spinach Leaves



Grated Parmesan Cheese



Chicken Breast

Prep in: 10-20 mins
Ready in: 40-50 mins

Eat Me Early*
*Custom Recipe only

We believe weeknight dinners should be tasty and on the table without too much fuss. Hence, we present you with our oven-baked chorizo risotto. Minimal stirring, loads of comforting veggies and superbly satisfying — what could be better?

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	1 packet	2 packets
courgette	1	2
soffritto mix	1 bag (150g)	1 bag (300g)
arborio rice	1 packet	1 packet
garlic paste	1 large packet	2 large packets
tomato paste	1 packet	2 packets
Nan's special seasoning	1 sachet	1 sachet
boiling water*	2 cups	4 cups
butter*	40g	80g
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3975kJ (950Cal)	831kJ (199Cal)
Protein (g)	33.1g	6.9g
Fat, total (g)	51.1g	10.7g
- saturated (g)	23.7g	5g
Carbohydrate (g)	87.2g	18.2g
- sugars (g)	9.3g	1.9g
Sodium (mg)	2038mg	426mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4720kJ (1128Cal)	739kJ (177Cal)
Protein (g)	66.2g	10.4g
Fat, total (g)	56.4g	8.8g
- saturated (g)	25.2g	3.9g
Carbohydrate (g)	88g	13.8g
- sugars (g)	9.4g	1.5g
Sodium (mg)	2137mg	335mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW42



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **mild chorizo** into 1cm chunks. Thinly slice **courgette** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo** and **soffritto mix**, stirring, until starting to brown, **3-4 minutes**.
- Meanwhile, boil the kettle.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Before cooking the chorizo, cook the chicken. In a large frying pan, heat drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate. Continue as above.

3



Finish the risotto

- When the risotto is done, stir through the **butter**, **baby spinach leaves** and half the **grated Parmesan cheese**. Season to taste.

TIP: If the risotto looks dry, stir through a splash of water.

Custom Recipe: Stir through chicken along with the butter, baby spinach leaves and half the grated Parmesan cheese. Season to taste.

2



Bake the risotto

- Add **arborio rice**, **garlic paste**, **tomato paste** and **Nan's special seasoning** to the pan with **chorizo** and cook, stirring, until fragrant, **1 minute**.
- Remove from heat, then add the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and **courgette**. Stir to combine, then transfer **risotto mixture** to a baking dish.
- Cover tightly with foil, then bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.

4



Serve up

- Divide chorizo and veggie risotto between bowls.
- Top with remaining Parmesan cheese to serve. Enjoy!

Rate your recipe

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