

Chilli Butter Prawns & Baked Leek Risotto

with Garlic Pangrattato & Parmesan

KID FRIENDLY

NEW



Grab your Meal Kit with this symbol











Seasoning



Arborio Rice



Vegetable Stock



Powder





Chilli Flakes

(Optional)

Panko Breadcrumbs

Peeled Prawns



Baby Kale



Grated Parmesan Cheese



Pantry items Olive Oil

Prep in: 20-30 mins Ready in: 30-40 mins

Calorie Smart*

*Custom Recipe is not Calorie Smart

Your tastebuds will be in awe.

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

A prawn risotto, that sounds like the magic words to conjure one enchanted dinner, fresh and steaming from the

oven. Be amazed by the garlicky pangrattato on top of the prawns with pops of leek and herbs scattered throughout.

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
leek	1	2
garlic	3 cloves	6 cloves
garlic & herb seasoning	1 large sachet	2 large sachets
arborio rice	1 packet	1 packet
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
panko breadcrumbs	½ medium packet	1 medium packet
peeled prawns	1 packet	2 packets
chilli flakes (optional) 🌶	pinch	pinch
butter*	40g	80g
baby kale	1 medium bag	1 large bag
grated Parmesan cheese	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2607kJ (623Cal)	777kJ (186Cal)
Protein (g)	30.3g	9g
Fat, total (g)	4.9g	1.5g
- saturated (g)	2.5g	0.7g
Carbohydrate (g)	105g	31.3g
- sugars (g)	6.8g	2g
Sodium (mg)	2111mg	629mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2957kJ (707Cal)	679kJ (162Cal)
Protein (g)	44g	10.1g
Fat, total (g)	5.4g	1.2g
- saturated (g)	2.6g	0.6g
Carbohydrate (g)	105g	24.1g
- sugars (g)	6.8g	1.6g
Sodium (mg)	2763mg	635mg

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.



Get prepped

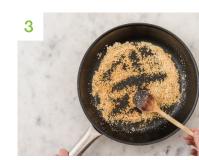
- Preheat oven to 220°C/200°C fan-forced.
- Thinly slice leek. Finely chop garlic.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook leek, garlic & herb seasoning and half the garlic until fragrant, 1 minute.
- Add arborio rice, stirring to combine. Add the water and vegetable stock powder and bring to the boil. Cook, stirring, until combined, 2 minutes.
- Transfer risotto to a baking dish. Cover tightly with foil and 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.



Make the pangrattato

- While the risotto is baking, wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
- Cook panko breadcrumbs (see ingredients) and remaining garlic, stirring, until golden brown, 3-4 minutes.
- Transfer to a bowl and season to taste.



Cook the prawns

- When the risotto has 5 minutes remaining, return the frying pan to medium-high heat with a drizzle of olive oil.
- Cook peeled prawns, a pinch of chilli flakes (if using) and half the butter, tossing, until prawns are pink and starting to curl up, 3-4 minutes.
- Remove from heat and season to taste.

Custom Recipe: If you've doubled your prawns, cook in batches for the best result.



Finish the risotto

 Remove risotto from oven. Stir through baby kale, grated Parmesan cheese and remaining butter. Season to taste.

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

Little cooks: Kids can lend a hand by sprinkling the cheese on top. Careful, the risotto is hot!



Serve up

- Divide baked leek risotto between bowls.
- Top with chilli butter prawns.
- Sprinkle over garlic pangrattato to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the pangrattato!



Scan here if you have any questions or concerns

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