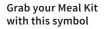


Nan's Easy Chorizo & Veggie Risotto

with Parmesan









Mild Chorizo





Soffritto Mix



Arborio Rice





Tomato Paste

Garlic Paste



Nan's Special



Seasoning



Grated Parmesan Cheese



Baby Spinach

Leaves

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
refer to method	refer to method
1 packet	2 packets
1	2
1 packet (150g)	1 packet (300g)
1 packet	1 packet
1 large packet	2 large packets
1 packet	2 packets
1 sachet	1 sachet
2 cups	4 cups
40g	80g
1 small bag	1 medium bag
1 medium packet	1 large packet
1 small packet	2 small packets OR 1 large packet
	refer to method 1 packet 1 1 packet (150g) 1 packet 1 large packet 1 packet 2 cups 40g 1 small bag 1 medium 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.



Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Cup 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.



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.



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 courgette and the boiling water (2 cups for 2 people / 4 cups for 4 people). 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.



Serve up

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