



Chilli Butter Prawns & Baked Leek Risotto

with Garlic Pangrattato & Parmesan

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Garlic



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Panko Breadcrumbs



Peeled Prawns



Chilli Flakes (Optional)



Baby Kale



Grated Parmesan Cheese



Peeled Prawns

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



Calorie Smart*

*Custom Recipe is not Calorie Smart

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. Your tastebuds will be in awe.

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

Pantry items

Olive Oil

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**.



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.

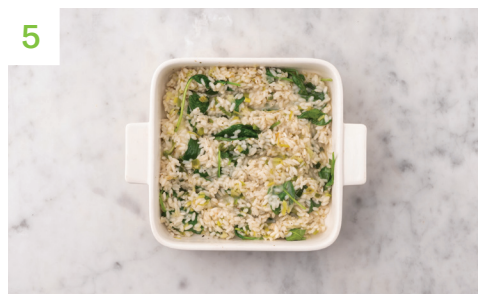
Custom Recipe: If you've doubled your prawns, cook in batches for the best result.



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.



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!



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.



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!

We're here to help!

Scan here if you have any questions or concerns



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