



# Easy Rustic Chorizo & Veggie Risotto

with Parmesan & Baby Leaves

Grab your Meal Kit with this symbol



Mild Chorizo



Courgette



Soffritto Mix



Risotto-Style Rice



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Baby 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
<b>olive oil*</b>	refer to method	refer to method
mild chorizo	1 packet	2 packets
courgette	1	2
soffritto mix	1 medium packet	1 large packet
risotto-style rice	1 packet	2 packets
garlic paste	1 medium packet	2 medium packets
tomato paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
<b>boiling water*</b>	2 cups	4 cups
<b>butter*</b>	40g	80g
baby leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium 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)	52.3g	10.9g
- saturated (g)	24.8g	5.2g
Carbohydrate (g)	87.4g	18.3g
- sugars (g)	11.3g	2.4g
Sodium (mg)	2038mg	426mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4747kJ (1135Cal)	724kJ (173Cal)
Protein (g)	72g	11g
Fat, total (g)	55.6g	8.5g
- saturated (g)	25.8g	3.9g
Carbohydrate (g)	88.4g	13.5g
- sugars (g)	11.5g	1.8g
Sodium (mg)	2173mg	331mg

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](https://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

2024 | CW14



1



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- 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**.

**Custom Recipe:** If you've added chicken breast, cut into 2cm chunks. Before cooking chorizo, heat frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate. Continue with recipe as above.

3



## Finish the risotto

- When the risotto is done, stir through the **butter**, **baby 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 cooked chicken along with the butter, baby leaves and Parmesan cheese.

2



## Bake the risotto

- Add **risotto-style 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.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)