



# Easy Pesto Prawn & Leek Risotto

with Garlic Pangrattato & Baby Leaves

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Leek



Garlic



Garlic & Herb Seasoning



Risotto-Style Rice



Chicken-Style Stock Powder



Panko Breadcrumbs



Peeled Prawns



Baby Leaves



Basil Pesto



Peeled Prawns



Chicken Breast

Prep in: 20-30 mins  
Ready in: 45-55 mins

A prawn risotto, that sounds like the magic words to conjure one enchanted dinner, steaming from the oven. Be amazed by the garlicky pangrattato on top of the prawns along with pops of leek and herbs scattered throughout. Your tastebuds will be in awe.

## Pantry items

Olive Oil, Butter



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
leek	1	2
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
peeled prawns	1 packet	2 packets
baby leaves	1 medium packet	1 large packet
basil pesto	1 medium packet	1 large packet
<b>butter*</b>	20g	40g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (721Cal)	888kJ (212Cal)
Protein (g)	27.2g	8g
Fat, total (g)	25.3g	7.4g
- saturated (g)	8.6g	2.5g
Carbohydrate (g)	91.1g	26.8g
- sugars (g)	7.5g	2.2g
Sodium (mg)	1778mg	523mg
Dietary Fibre (g)	3.7g	1.1g

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.



## 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, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Season with **salt** and **pepper**.



## Make the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **leek**, stirring, until golden, **3-4 minutes**.
- Add **garlic & herb seasoning** and **risotto-style rice**, stirring, until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder** and the **water**. Bring to the boil, then remove from heat.
- Transfer **risotto** to a baking dish. Cover tightly with foil and bake until the 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.



## Bring it all together

- Remove **risotto** from oven, then stir through **baby leaves, basil pesto, prawns** and the **butter**.
- Stir through a splash of **water** to loosen the **risotto** if needed. Season to taste.



## Make the pangrattato

- Meanwhile, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Toast **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl and season to taste.



## Serve up

- Divide pesto prawn and leek risotto between bowls.
- Top with 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

2024 | CW26



### CUSTOM OPTIONS



#### DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut into bite-sized chunks. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

