

Easy Pesto Prawn & Leek Risotto with Garlic Pangrattato & Baby Leaves

CLIMATE SUPERSTAR **KID FRIENDLY**



6





Garlic

Garlic & Herb Seasoning

Risotto-Style Rice





Chicken-Style Stock Powder

Panko Breadcrumbs



Peeled Prawns

Baby Leaves







Chicken Breast

Pantry items Olive Oil, Butter

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.

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 $\mathsf{pan}\cdot\mathsf{Medium}$ or large baking dish

Ingredients

	2 People	4 People
olive oil*	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
water*	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
butter*	20~	40g
Dutter	20g	408

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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

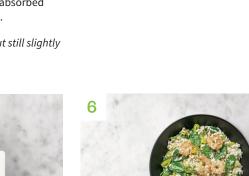
- Preheat oven to 220°C/200°C fan-forced.
- Thinly slice **leek**. Finely chop **garlic**.



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.



Make the pangratatto

• Meanwhile, wipe out the frying pan, then return

to medium-high heat with a drizzle of **olive oil**.

Toast panko breadcrumbs (see ingredients),

Transfer to a medium bowl and season to taste.

stirring, until golden brown, 3 minutes.Add garlic and cook until fragrant, 1-2 minutes.

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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.

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.

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pepper.

Cook the prawns

heat with a drizzle of **olive oil**.

• When the risotto has 5 minutes remaining, wipe

out the frying pan, then return to medium-high

• Cook prawns, tossing, until pink and starting

to curl up, 3-4 minutes. Season with salt and

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.

