



Easy Oven-Baked Chorizo & Veggie Risotto

with Parmesan & Baby Leaves

ADAPT FOR KIDS

WINTER WARMERS

Grab your meal kit with this number

23



Mild Chorizo



Courgette



Soffritto Mix



Risotto-Style Rice



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Baby Leaves



Grated Parmesan Cheese



Mild Chorizo



Chicken Breast

Prep in: 10-20 mins
Ready in: 40-50 mins

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?

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
olive oil*	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
boiling water*	2 cups	4 cups
butter*	40g	80g
baby leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4019kJ (961Cal)	840kJ (201Cal)
Protein (g)	32.5g	6.8g
Fat, total (g)	51.4g	10.7g
- saturated (g)	24g	5g
Carbohydrate (g)	88.2g	18.4g
- sugars (g)	10.3g	2.2g
Sodium (mg)	2049mg	428mg
Dietary Fibre (g)	5.7g	1.2g

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**.
- 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**.
- Meanwhile, boil the kettle.

ADAPT FOR KIDS: *If you want to hide the courgette in the risotto for your child, grate it instead!*



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.*

ADAPT FOR KIDS: *If preferred, plate up the kid's portion before stirring through the baby leaves!*



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.*



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS

+ **DOUBLE MILD CHORIZO**
Follow method above.

+ **ADD CHICKEN BREAST**
Cut into bite-sized pieces. 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.

