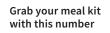


Easy Oven-Baked Chorizo & Veggie Risotto with Parmesan & Baby Leaves

WINTER WARMERS









Mild Chorizo







Risotto-Style

Soffritto Mix





Tomato Paste

Garlic Paste



Nan's Special



Seasoning

Baby Leaves



Grated Parmesan Cheese







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

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	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!



