



# Oven-Baked Chorizo & Veggie Risotto

with Parmesan & Baby Leaves

WINTER WARMERS

Grab your meal kit with this number

26



Mild Chorizo



Courgette



Soffritto Mix



Risotto-Style Rice



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Baby Leaves



Grated Parmesan Cheese



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 ovenbaked 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
<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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4003kJ (956Cal)	839kJ (200Cal)
Protein (g)	32.3g	6.8g
Fat, total (g)	51.1g	10.7g
- saturated (g)	23.7g	5g
Carbohydrate (g)	88.2g	18.5g
- sugars (g)	10.3g	2.2g
Sodium (mg)	1777mg	373mg
Dietary Fibre (g)	5.5g	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](https://www.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.

**TIP:** 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.



## 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 Nan's 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 | CW34



### CUSTOM OPTIONS

**+ DOUBLE 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.

