



Chilli Butter Prawns & Leek Risotto

with Garlic Pangrattato & Parmesan

KID FRIENDLY

Grab your meal kit with this number

6



Leek



Garlic



Garlic & Herb Seasoning



Risotto-style Rice



Vegetable Stock Powder



Panko Breadcrumbs



Peeled Prawns



Chilli Flakes (Optional)



Grated Parmesan Cheese



Baby Leaves



Grated Parmesan Cheese



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

A prawn risotto, that sounds like the magic words to conjure one enchanted dinner, fresh and steaming from the oven. Be amazed by the garlicky pangrattato on top of the prawns 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

Medium or large baking dish · Large frying pan

Ingredients

| | 2 People | 4 People |
|--------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| leek | 1 | 2 |
| garlic | 3 cloves | 6 cloves |
| garlic & herb seasoning | 1 large sachet | 2 large sachets |
| risotto-style rice | 1 packet | 2 packets |
| water* | 2 cups | 4 cups |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| panko breadcrumbs | ½ medium packet | 1 medium packet |
| peeled prawns | 1 packet | 2 packets |
| chilli flakes (optional) | 1 pinch | 1 pinch |
| butter* | 40g | 80g |
| grated Parmesan cheese | 1 medium packet | 1 large packet |
| baby leaves | 1 medium packet | 2 medium packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2064kJ (493cal) | 187kJ (45cal) |
| Protein (g) | 25.1g | 2.3g |
| Fat, total (g) | 23.1g | 2.1g |
| - saturated (g) | 15.5g | 1.4g |
| Carbohydrate (g) | 70.9g | 6.4g |
| - sugars (g) | 16.6g | 1.5g |
| Sodium (mg) | 1304mg | 118mg |
| Dietary Fibre (g) | 8.3g | 0.8g |

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**.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **leek, garlic & herb seasoning** and half the **garlic** until fragrant, **1 minute**.
- Add **risotto-style rice**, stirring to combine. Add the **water** and **vegetable stock powder** and bring to the boil. Cook, stirring, until combined, **2 minutes**.
- Transfer **risotto** to a baking dish. Cover tightly with foil and 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.



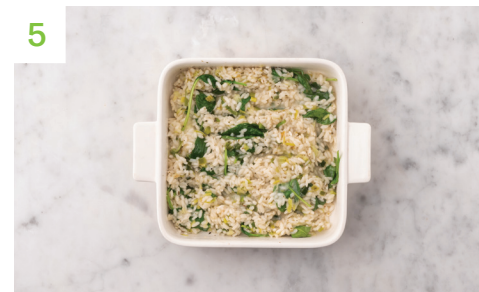
Make the pangrattato

- While the risotto is baking, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **panko breadcrumbs** (see ingredients) and remaining **garlic**, stirring, until golden brown, **3-4 minutes**.
- Transfer to a bowl and season to taste.



Cook the prawns

- When the risotto has **5 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **peeled prawns**, a pinch of **chilli flakes** (if using) and half the **butter**, tossing, until **prawns** are pink and starting to curl up, **3-4 minutes**.
- Remove from heat and season to taste.



Finish the risotto

- Remove **risotto** from oven. Stir through **grated Parmesan cheese, baby leaves** and remaining **butter**. Season to taste.

TIP: If the risotto is dry, stir through a splash of water.



Serve up

- Divide baked leek risotto between bowls.
- Top with chilli butter prawns.
- Sprinkle over 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 | CW42



CUSTOM OPTIONS

+ DOUBLE PARMESAN GRATED
Follow method above.

+ DOUBLE PEELED PRAWNS
Follow method above, cooking in batches if necessary.

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

