



Chilli Butter Prawns & Baked Leek Risotto

with Garlic Pangrattato & Parmesan

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Garlic



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Powder



Panko Breadcrumbs



Chilli Flakes (Optional)



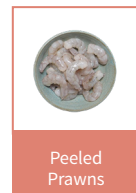
Baby Spinach Leaves



Grated Parmesan Cheese



Peeled Prawns



Peeled Prawns



Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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



Calorie Smart*

*Custom Recipe is not Calorie Smart

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

wash your hands and any fresh food

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 |
| leek | 1 | 2 |
| garlic | 3 cloves | 6 cloves |
| garlic & herb seasoning | 1 large sachet | 2 large sachets |
| arborio rice | 1 packet | 1 packet |
| 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) 🌶️ | pinch | pinch |
| butter* | 40g | 80g |
| grated Parmesan cheese | 1 medium packet | 1 large packet |
| baby spinach leaves | 1 medium bag | 1 large bag |
| peeled prawns** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2586kJ (618Cal) | 771kJ (184Cal) |
| Protein (g) | 30.6g | 9.1g |
| Fat, total (g) | 5.4g | 1.6g |
| - saturated (g) | 2.7g | 0.8g |
| Carbohydrate (g) | 103.3g | 30.8g |
| - sugars (g) | 6.4g | 1.9g |
| Sodium (mg) | 2177mg | 649mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2936kJ (702Cal) | 674kJ (161Cal) |
| Protein (g) | 44.3g | 10.2g |
| Fat, total (g) | 5.9g | 1.4g |
| - saturated (g) | 2.9g | 0.7g |
| Carbohydrate (g) | 103.3g | 23.7g |
| - sugars (g) | 6.4g | 1.5g |
| Sodium (mg) | 2829mg | 650mg |

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

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



Cook the prawns

- When the risotto has **5 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **peeled prawns**, a pinch of **chilli flakes** (if using) and 1/2 the **butter**, tossing, until prawns are pink and starting to curl up, **3-4 minutes**.
- Remove from heat and season to taste.

Custom Recipe: If you've doubled your prawns, cook in batches for the best result.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **leek, garlic & herb seasoning** and 1/2 the **garlic** until fragrant, **1 minute**.
- Add **arborio 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.



Finish the risotto

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

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

Little cooks: Kids can lend a hand by sprinkling the cheese on top. Careful, the risotto is hot!



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.



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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate