HELLO FRESH

Prawn & Leek Risotto
with Basil Pesto & Garlic Pangrattato

NEW | KID FRIENDLY

Leek

Garlic

Garlic & Herb Seasoning

Arborio Rice

Chicken-Style Stock Powder

Panko Breadcrumbs

Peeled Prawns

Baby Spinach Leaves

Basil Pesto

Mild Chorizo

Prep in: 20-30 mins
Ready in: 45-55 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.

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

Pantry items

Olive Oil, Butter

F

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	2 cloves	4 cloves
garlic & herb seasoning	1 sachet	1 sachet
arborio rice	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
*water**	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
peeled prawns	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
basil pesto	1 packet (50g)	1 packet (100g)
*butter**	20g	40g
mild chorizo**	1 packet	2 packets

**Pantry Items* ***Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3033kJ (725Cal)	893kJ (213Cal)
Protein (g)	26.9g	7.9g
Fat, total (g)	25g	7.4g
- saturated (g)	7.9g	2.3g
Carbohydrate (g)	91.2g	26.8g
- sugars (g)	4.8g	1.4g
Sodium (mg)	1766mg	520mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3963kJ (947Cal)	1166kJ (279Cal)
Protein (g)	31.3g	9.2g
Fat, total (g)	49.8g	14.7g
- saturated (g)	17.4g	5.1g
Carbohydrate (g)	93.2g	27.4g
- sugars (g)	4.8g	1.4g
Sodium (mg)	2004mg	590mg

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.

1

Get prepped

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

2

Make the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **leek**, stirring, until golden, **3-4 minutes**.
- Add **garlic & herb seasoning** and **arborio rice**, stirring, until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder** and the **water**. Bring to the boil, then remove from heat.
- 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.*

3

Make the pangratatto

- Meanwhile, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Toast **panko breadcrumbs (see ingredients)**, stirring, until golden brown, **3 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl and season to taste.

4

Cook the prawns

- When risotto has **5 minutes** remaining, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Season with a pinch of **salt** and **pepper**.

Custom Recipe: If you've swapped from prawns to mild chorizo, cut chorizo into 1cm chunks. Heat the frying pan and oil as above. Cook chorizo, tossing, until browned, 4-5 minutes.

5

Bring it all together

- Remove **risotto** from oven, then stir through **baby spinach leaves**, **basil pesto**, **prawns** and the **butter**.
- Stir through a splash of **water** to loosen the risotto if needed. Season to taste.

Custom Recipe: Stir cooked chorizo through risotto in place of the prawns.

6

Serve up

- Divide prawn and leek risotto between bowls.
- Top with garlic pangrattato to serve. Enjoy!

Little cooks: *Add the finishing touch by sprinkling over the pangrattato.*

Rate your recipe

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