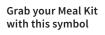


# Prawn & Leek Risotto

with Basil Pesto & Garlic Pangrattato

NEW

KID FRIENDLY













Arborio Rice

Garlic & Herb Seasoning







Chicken-Style Stock Powder

Panko Breadcrumbs





Peeled Prawns

**Baby Spinach** 



**Basil Pesto** 



**Pantry items** Olive Oil, Butter

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.

### 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

9				
	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		

<sup>\*</sup>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.





# Get prepped

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



# 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.



# 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.



# 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.



# 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.



# 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.