



Chorizo and Pea Risotto with Italian Style Cheese

Classic 40-45 Minutes • 1 of your 5 a day

5



Chicken Stock Paste



Garlic Clove



Onion



Diced Chorizo



Risotto Rice



Peas



Grated Hard Italian Style Cheese



King Prawns

Pantry Items

Oil, Salt, Pepper, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, ovenproof pan and lid.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Garlic Clove**	2	3	4
Onion**	1	1½	2
Diced Chorizo**	90g	150g	180g
Risotto Rice	175g	260g	350g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** (7 8)	40g	60g	80g
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Boiled Water for the Risotto*	450ml	675ml	900ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	303g	100g	378g	100g
Energy (kJ/kcal)	2968 /709	981 /234	3187 /762	844 /202
Fat (g)	27.5	9.1	28.2	7.5
Sat. Fat (g)	12.7	4.2	12.9	3.4
Carbohydrate (g)	84.4	27.9	84.4	22.4
Sugars (g)	9.1	3.0	9.1	2.4
Protein (g)	29.7	9.8	41.5	11.0
Salt (g)	5.03	1.66	5.93	1.57

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans 7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Boil your kettle, then pour the **boiled water for the risotto** (see pantry for amount) into a measuring jug. Add the **chicken stock paste** and stir well to combine - this is your **chicken stock**.

Peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **onion** into small pieces.



Fry the Chorizo

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium-high heat. **TIP: If you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later.**

Once hot, add the **diced chorizo** and **onion** and fry until the **onion** starts to soften, 5-6 mins. Add the **garlic** and fry for 1 min more.



Risotto Time

Add the **risotto rice** to the pan, stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Stir in your **chicken stock** and bring back up to the boil, then pop a lid on the pan (or cover with foil).



Time to Bake

Bake the **risotto** on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.

CUSTOM RECIPE

If you've chosen to add **prawns**, when the **risotto** has 5 mins left, drain the **prawns** and heat a drizzle of **oil** in a pan on medium-high heat. Once hot, add the **prawns** and season. Fry for 4-5 min, then top the **risotto** with the **prawns** when serving. **IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.**



Cheese and Peas Please

When the **risotto** has finished cooking, remove it from the oven and stir through the **butter** (see pantry for amount), **peas** and **half** of the **hard Italian style cheese**.

Season to taste with **salt** and **pepper** if needed. **TIP: Add a splash of water to loosen the risotto if needed.**



Finish and Serve

Share the **chorizo and pea risotto** between your serving bowls.

Sprinkle over the remaining **hard Italian style cheese** to finish.

Enjoy!