



Easy King Prawn and Veggie 'Nduja Baked Paella

with Cheese, Peas and Oven-Ready Garlic Baguettes

38

3 Step Prep Prep Time: 5 Minutes • Cook Time: 30–35 Minutes • **Very Hot**



Risotto Rice



Vegetable Stock Paste



Tomato Puree



Demi Garlic Baguettes



King Prawns



Peas



Vegan 'Nduja



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Boiled Water, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, ovenproof pan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Risotto Rice	175g	260g	350g
Vegetable Stock Paste 10)	20g	30g	40g
Tomato Puree	30g	45g	60g
Demi Garlic Baguettes** 13)	2	4	4
King Prawns** 5)	225g	375g	450g
Peas**	120g	180g	240g
Vegan 'Nduja	1 sachet	1½ sachets	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	60g	100g	120g

Pantry	2P	3P	4P
Boiled Water*	600ml	900ml	1200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	745g	100g
Energy (kJ/kcal)	4196/1003	563/135
Fat (g)	39.4	5.3
Sat. Fat (g)	17.0	2.3
Carbohydrate (g)	123.9	16.6
Sugars (g)	10.9	1.5
Protein (g)	42.6	5.7
Salt (g)	6.12	0.82

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

Allergens

5) Crustaceans **7)** Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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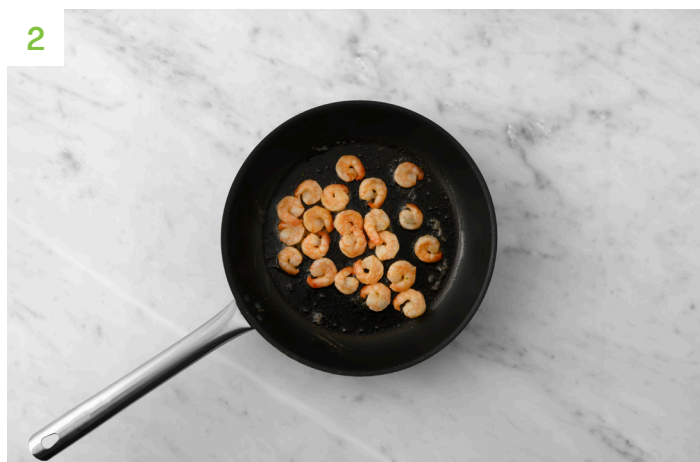
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1



2



3



Rice Time

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.
- Heat a drizzle of **oil** in a wide-bottomed ovenproof pan on medium heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.
- Add the **risotto rice**. Stir and cook, 1-2 mins.
- Stir in the **veg stock paste**, **tomato puree** and **boiled water** (see pantry). Bring to the boil. Pop a lid on the pan (or cover with foil) and bake on the middle shelf, 25-30 mins.

Get Frying

- When the **risotto** has 10 mins remaining, bake the **garlic baguettes** in the oven, 10-15 mins.
- Meanwhile, drain the **prawns**.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **prawns**, stirring occasionally, 4-5 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

Dinner's Ready!

- When the **rice** is cooked, remove it from the oven. Mix in the **peas**, **prawns**, **vegan 'Nduja** (add less if you'd prefer things milder), **butter** (see pantry) and **two thirds** of the **cheese**.
- Season to taste with **salt** and **pepper** if needed. Add a splash of **water** to loosen the **rice** if needed.
- Share between your bowls and sprinkle over the remaining **cheese**.
- Serve the **garlic baguettes** alongside.

Enjoy!