



Cajun Prawn Risotto

with Lemony Crumb Topping

CLASSIC 35 Minutes • 3 of your 5 a day

N° 4



Leek



Garlic



Spring Onion



Lemon



Vegetable Stock Powder



Cajun Spice



Arborio Rice



Panko Breadcrumbs



Prawns



Grated Hard Italian Style Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Measuring Jug, Large Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Leek**	1	2	2
Garlic**	2 cloves	3 cloves	4 cloves
Spring Onion**	1	2	2
Lemon**	½	1	1
Water for the Stock*	750ml	1.15ltr	1.5ltr
Vegetable Stock Powder 10	2 sachets	3 sachets	3 sachets
Cajun Spice	1 small pot	¾ large pot	1 large pot
Arborio Rice	175g	260g	350g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Panko Breadcrumbs 13	25g	25g	50g
Prawns 5 **	150g	250g	300g
Grated Hard Italian Style Cheese 7 8 **	1 pack	1½ pack	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	335g	100g
Energy (kJ/kcal)	2406 / 575	718 / 172
Fat (g)	11	3
Sat. Fat (g)	5	1
Carbohydrate (g)	87	26
Sugars (g)	5	2
Protein (g)	29	9
Salt (g)	3.10	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 8) Egg 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Get Prepped

Fill and boil your kettle. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice. Peel and grate the **garlic** (or use a garlic press). Trim the **spring onion** and thinly slice. Zest and halve the **lemon**. Pour the boiling **water** for the stock (see ingredients for amount) into a saucepan on low heat. Stir in the **stock powder**. You'll add the stock to the rice later.



4. Make the Crumb

Heat the **olive oil** in a frying pan on medium high heat (see ingredient list for amount). Add the **breadcrumbs** and season with **salt** and **pepper**. Toast them until golden, 3-4 mins, stirring every minute. Once golden, stir in the **lemon zest** and remove to a bowl.



2. Start Cooking

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **leek** and season with **salt** and **pepper**. Cook the **leek** until softened, 4-6 mins, stirring occasionally. Stir in the **garlic** and **cajun spice** (add less spice if you don't like heat) and cook for 1 minute, then stir in the **arborio rice** and cook until translucent around the edges, 1-2 mins.



5. Cook the Prawns

Once the **risotto** has 5 mins left to cook, stir in the **prawns** and simmer for 4-5 mins. **IMPORTANT:** The prawns are cooked when opaque all the way through. Remove from the heat and add the **hard Italian style cheese** and a knob of **butter** (if you have it). Stir vigorously until well combined, then squeeze in some **lemon juice**.



3. Add the Stock

Stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**. Keep the pan on medium heat and continue stirring in the **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



6. Finish and Serve

Taste the **risotto** and add more **salt**, **pepper** and **lemon juice** if you feel it needs it. Spoon into bowls and top with the **lemon crumb** and the **spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.