



# Cajun Prawn Risotto with Lemony Crumb Topping

Calorie Smart 35 Minutes • Under 600 Calories • 3 of your 5 a day

24



Leek



Garlic



Spring Onion



Lemon



Vegetable  
Stock Powder



Cajun Spice



Risotto Rice



Panko Breadcrumbs



Prawns



Grated Hard Italian  
Style Cheese

## Before you start

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

## Cooking tools, you will need:

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

## Ingredients

|   |             |             |             |
|---|-------------|-------------|-------------|
|   | 2P          | 3P          | 4P          |
| Leek**  | 1           | 2           | 2           |
| Garlic**  | 2           | 3           | 4           |
| Spring Onion**                                  | 1           | 2           | 2           |
| Lemon**   | ½           | 1           | 1           |
| Water for the Stock*                            | 750ml       | 1.15 ltr    | 1.5 ltr     |
| Vegetable Stock Powder <b>10)</b>               | 2 sachets   | 3 sachets   | 3 sachets   |
| Cajun Spice                                     | 1 small pot | ¾ large pot | 1 large pot |
| Risotto Rice                                    | 175g        | 260g        | 350g        |
| Olive Oil for the Crumb*                        | 1 tbsp      | 1½ tbsp     | 2 tbsp      |
| Panko Breadcrumbs <b>13)</b>                    | 25g         | 25g         | 50g         |
| Prawns <b>5)**</b>                              | 150g        | 250g        | 300g        |
| Grated Hard Italian Style Cheese <b>7) 8)**</b> | 40g         | 60g         | 80g         |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                                | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>335g</b> | <b>100g</b> |
| 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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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## 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.



## 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 **risotto rice** and cook until translucent around the edges, 1-2 mins.



## 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.



## 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.



## 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 **grated hard Italian style cheese** and a knob of **butter** (if you have it). Stir vigorously until well combined, then squeeze in some **lemon juice**.



## 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.