



DAIRY FREE PRAWN RISOTTO

with Roasted Tomato and Courgette



NUTRITIONIST APPROVED



HELLO PINE NUTS

Pine nuts are a good source of magnesium. Magnesium contributes to the maintenance of normal bones and teeth.



King Prawns



Arborio Rice



Lemon



Pine Nuts



Chives



Vine Tomato



Echalion Shallot



Courgette



Mint



Vegetable Stock Powder

MEAL BAG



40 mins



Balanced



1.5 of your 5 a day



Under 550 calories



Low in sugar



Low in sat fat

Hearty, wholesome, and naturally creamy, our dairy-free prawn risotto is the perfect recipe for a cosy night in. As stirring helps to release the starch that gives risotto its creamy texture, it is important to add the stock one ladleful at a time, stirring continuously until it has been absorbed before adding more liquid. Juicy prawns are added when the risotto is almost cooked (they only take a couple of minutes to cook through) and the homemade 'pesto' is stirred through for an extra hit of flavour. To finish, we've topped the risotto with fresh courgette ribbons and roasted tomatoes for a dish that will nourish you from the inside out.

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, some **Baking Paper**, a **Baking Tray**, two **Large Saucepans**, **Ladle**, **Fine Grater** and **Peeler**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 150°C. Pour the **water** (see ingredients for amount) into a large saucepan on medium heat and stir in the **stock powder** to dissolve. Leave on a low heat. Halve, peel and finely slice the **shallot**. Chop the **tomato** into 2cm pieces and pop onto a lined baking tray. Season with a pinch of **salt** and **pepper**. Roast on the middle shelf of your oven until just soft, 15-18 mins, then switch off the oven, leaving the tray inside.



4 MAKE THE 'PESTO'

In between stirring, zest then juice the **lemon**. Finely chop the **chives**. Pop the **lemon zest**, **chives** and **pine nuts** in a small bowl and use the end of a rolling pin to roughly mash them together, gently crushing the **pine nuts**.
★ **TIP:** Use a pestle and mortar if you have one! You should have a rough, thick paste.



2 START THE RISOTTO

Heat a drizzle of **oil** in another large saucepan on medium heat. When hot, add the **shallot** and cook, stirring, until soft, 4-5 mins. Stir in the **rice** and cook for 1 minute.



5 COURGETTE RIBBONS

Trim the **courgette**, then use a vegetable peeler to peel long ribbons along the length. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Pop the **courgette ribbons** and **mint** in a bowl along with **half** the **lemon juice** and a pinch of **salt** and **pepper**. Toss together.



3 COOK THE RISOTTO

After 1 minute, stir in a ladle of **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladleful. Keep the pan on medium heat and continue stirring in **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.
★ **TIP:** The more you stir, the creamier it will be!



6 FINISH AND SERVE

When your **risotto** is almost cooked, stir through the **prawns** until cooked, 3-4 mins.
❗ **IMPORTANT:** The prawns are cooked when **pink on the outside and opaque in the centre**. Remove the pan from the heat and stir through the **pesto**. Season to taste with **salt**, **pepper** and a splash of **lemon juice** if needed. Serve in bowls with the **roasted tomato** and **courgette ribbons** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
King Prawns ⁵⁾ ✱	120g	180g	250g
Arborio Rice	175g	260g	350g
Lemon ✱	1	1½	2
Pine Nuts	1 small bag	1 large bag	2 small bags
Chives ✱	1 bunch	1½ bunches	2 bunches
Vine Tomato	2	3	4
Echalion Shallot ✱	1	1½	2
Courgette ✱	1	1½	2
Mint ✱	1 bunch	1 bunch	1 bunch
Vegetable Stock Powder ¹⁰⁾	½ sachet	¾ sachet	1 sachet
Water*	750ml	1.125ltr	1.5ltr

*Not Included

✱ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 455G	PER 100G
Energy (kJ/kcal)	1979 / 473	435 / 104
Fat (g)	7	2
Sat. Fat (g)	1	3
Carbohydrate (g)	81	18
Sugars (g)	12	3
Protein (g)	22	5
Salt (g)	2.10	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

⁵⁾ Crustaceans ¹⁰⁾ Celery

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

👍 THUMBS UP OR THUMBS DOWN?

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