



# KING PRAWN RISOTTO

## WITH TENDER ASPARAGUS SPEARS AND DUKKAH SPICE

SPECIALITY INGREDIENT



HELLO ASPARAGUS

It takes three years for an asparagus spear to be ready for harvest.



Echalion Shallot



Leek



Garlic Clove



Asparagus Spears



Basil



King Prawns



Water



Vegetable Stock Pot



Arborio Rice



White Wine Vinegar



Lemon



Dukkah Spice Mix



Hard Italian Cheese



Netherend Butter

45 mins

2.5 of your 5 a day

eat within 2 days

Beautifully balanced between creaminess and 'al dente' bite, even the simplest risotto is luxurious. But we've really gone to town with this one! It's bursting with plump king prawns and tender asparagus spears. Fragrant, nutty dukkah provides the finishing touch. Don't neglect what the Italians call 'tostatura': cooking the rice in oil before adding stock. It takes only a minute but makes all the difference. Enjoy!

## BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), two **Large Saucepans**, a **Measuring Jug**, **Frying Pan** and some **Foil**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Halve, peel and chop the **shallot** into ½cm pieces. Remove the root and dark green tops from the **leek**, cut in half lengthways and thinly slice into half moons. Peel and grate the **garlic** (or use a garlic press). Chop the bottom 2cm off the **asparagus spears** and discard. Cut the **spears** in half widthways. Pick the **basil leaves** from their stalks and finely chop the **stalks**. Cut half of the **prawns** in half widthways.



### 4 ASPARAGUS TIME!

When the **rice** is almost cooked (taste to see!), stir in the halved **prawns**, and cook gently, 4-5 mins. ★ **TIP:** *The prawns are cooked when pink on the outside and opaque all the way through.* Remove your pan from the heat. Meanwhile, heat a splash of **oil** in a frying pan over medium-high heat. Stir-fry the **asparagus** until tender, 4-5 mins. Season with **salt** and **black pepper** and transfer to a plate. Keep warm, covered with foil.



### 2 START THE RISOTTO

Boil the **water** (amount specified in the ingredient list) in a large saucepan over high heat. Add the **vegetable stock pot**, stir to dissolve and reduce the heat to low. Put a glug of **oil** in another large saucepan on medium heat. Add the **shallot** and **leek** with a pinch of **salt** and a grind of **black pepper** and cook until soft, 5-6 mins. Stir in the **garlic** and **basil stalks** and cook for 1 minute more.



### 5 COOK THE PRAWNS

Leave the frying pan on the heat and **stir-fry** the whole **prawns**. Cook until pink on the outside and opaque in the centre, 4-5 mins. When done, remove from the heat and add a squeeze of **lemon juice**. Tear the **basil leaves** and sprinkle half over the **prawns**, along with the **dukkah spice mix**.



### 3 COOK THE RISOTTO

Pour in the **arborio rice** and stir to coat in the **oil**. Cook for 1 minute. Add the **white wine vinegar** and allow it to evaporate. Then add a ladleful of **stock** and cook, stirring, until it has been absorbed by the **rice**. Keep the pan on medium heat, adding **stock** and stirring until the **rice** is done, 20-25 mins. It should be soft with a hint of firmness in the middle. ★ **TIP:** *Let the rice absorb each ladleful of stock before adding another.*



### 6 FINISH AND SERVE

When the **risotto** is cooked, add the **hard Italian cheese**, **butter** and remaining **basil leaves**. Stir vigorously until the **butter** has melted - this makes the **risotto** extra creamy! Taste and add more **salt**, **black pepper** and **lemon juice** to your liking. Spoon the **risotto** into bowls and top it with the **dukkah prawns** and **asparagus**.

ENJOY!

## 2 PEOPLE INGREDIENTS

Echalion Shallot, chopped	1
Leek, sliced	1
Garlic Clove, grated	2
Asparagus Spears	1 bunch
Basil	1 bunch
King Prawns 2)	250g
Water*	750ml
Vegetable Stock Pot 9) 12)	1
Arborio Rice	175g
White Wine Vinegar 12)	1 tbsp
Lemon	½
Dukkah Spice Mix 5) 8) 9) 11)	2 tbsp
Hard Italian Cheese 7)	40g
Netherend Butter 7)	15g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	730	136
(kJ)	3067	570
Fat (g)	28	5
Sat. Fat (g)	9	2
Carbohydrate (g)	79	15
Sugars (g)	8	2
Protein (g)	40	7
Salt (g)	4.20	0.80

### ALLERGENS

2)Crustaceans 5)Peanuts 7)Milk 8)Nuts 9)Celery 11)Sesame 12)Sulphites

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### PAIR THIS MEAL WITH

A rich white such as an oaked Chardonnay.

★ **ENJOYING OUR PREMIUM RECIPES?**  
★ Or if you just have feedback in general, please get in touch on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFRESH