



Prawn and Tomato Risotto with Chilli and Parsley

Calorie Smart 35 Minutes • Under 600 Calories • Little Spice • 1.5 of your 5 a day

24



Leek



Garlic



Flat Leaf Parsley



Red Chilli



Vegetable Stock Powder



Tomato Purée



Risotto Rice



Cider Vinegar



King 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:

Garlic Press, Measuring Jug, Saucepan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Leek**	1	2	2
Garlic**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Water for the Stock*	750ml	1.125 ltr	1.5 ltr
Vegetable Stock Powder 10)	2 sachets	3 sachets	3 sachets
Tomato Purée	1 sachets	2 sachets	2 sachets
Risotto Rice	175g	260g	350g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
King Prawns 5) **	150g	250g	300g
Grated Hard Italian Style Cheese 7) 8) **	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	686g	100g
Energy (kJ/kcal)	2069 /494	301 /72
Fat (g)	7	1
Sat. Fat (g)	4	1
Carbohydrate (g)	79	12
Sugars (g)	6	1
Protein (g)	28	4
Salt (g)	2.83	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **7)** Milk **8)** Egg **10)** Celery **14)** Sulphites

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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 You can recycle me!



Get Prepped

Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Halve the **chilli** lengthways, deseed then slice thinly. Pour the **water** (see ingredient list for amount) into a pan and add the **vegetable stock powder**. Pop onto high heat and bring to the boil, then reduce the heat to low (you want to just keep it warm).



Cook the Prawns

When the **risotto** has 5 mins left, stir in the **prawns** and simmer until they are cooked, 5 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



Start the Risotto

Heat a drizzle of **oil** in a wide bottomed pan on medium heat. Once hot, add the **leek** and fry until softened, 4-5 mins. Stir occasionally. Once soft, stir in the **garlic** and **tomato purée** (and a splash more **oil** if it's a bit dry). Stir and cook for 1 minute. Add the **rice**, stir and cook for 1 minute until the edges are starting to look translucent. Add the **cider vinegar** and allow it to evaporate, 30 seconds.



Finish Up

Once cooked, remove the **risotto** from the heat and add the **hard Italian style cheese**, a knob of **butter** (if you have some) and **half** the **parsley**. Stir vigorously until the **cheese** and **butter** have melted.



Simmer

Stir in a ladle of **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 **stock**, letting it absorb each time. The cooking time should be 20-25 mins, your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle. **TIP:** *You may not need all your stock or you may need a bit of extra water.*



Finish and Serve

Taste the **risotto** and add **salt** and **pepper** if you feel it needs it. Serve the **risotto** in bowls with the **red chilli** (use less chilli if you don't like heat) and remaining **parsley** sprinkled on top.

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.