



Prawn and Tomato Risotto

with Leeks, Cheese and Parsley

Classic 40-45 Minutes • Mild Spice • 1 of your 5 a day

6



Leek



Garlic Clove



Flat Leaf Parsley



Red Chilli



Vegetable Stock Paste



Tomato Puree



Risotto Rice



Cider Vinegar



King Prawns



Grated Hard Italian Style Cheese



King Prawns

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan and bowl.

Ingredients

Ingredients	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Vegetable Stock Paste 10	20g	30g	40g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Risotto Rice	175g	260g	350g
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
King Prawns** 5	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g
King Prawns** 5	150g	225g	300g

Pantry	2P	3P	4P
Water for the Stock*	750ml	1125ml	1500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2089 /499	643 /154
Fat (g)	7.9	2.4
Sat. Fat (g)	4.1	1.3
Carbohydrate (g)	77.3	23.8
Sugars (g)	5.7	1.8
Protein (g)	28.1	8.7
Salt (g)	3.26	1.00

Custom Recipe for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2308 /552	577 /138
Fat (g)	8.6	2.2
Sat. Fat (g)	4.3	1.1
Carbohydrate (g)	77.3	19.4
Sugars (g)	5.7	1.4
Protein (g)	39.9	10.0
Salt (g)	4.16	1.04

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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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 thinly slice.

Pour the **water for the stock** (see ingredients for amount) into a pan and add the **veg stock paste**. Pop on high heat and bring to the boil. Stir, then reduce the heat to low to keep it warm.



Cook the Prawns

When the **risotto** has 5 mins cooking time left, stir in the **prawns** and simmer until cooked, 5 mins.

IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.



Start your Risotto

Heat a drizzle of **oil** in a large 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 puree** (and a drizzle more **oil** if it's a bit dry). Stir and cook for 1 min.

Add the **rice**, then stir and cook for 1 min until the edges of the **rice** are translucent.

Add the **cider vinegar** and allow it to evaporate, 30 secs.



Finishing Touches

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

Stir vigorously until the **cheese** and **butter** have melted.



Stir in the Stock

Stir a ladle of **stock** into the **rice** pan. 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 to add a bit of extra water.



Serve

Taste the **risotto** and add **salt** and **pepper** if needed.

Serve your **prawn and tomato risotto** in bowls with the **red chilli** (use less **chilli** if you'd prefer things milder) and the remaining **parsley** sprinkled on top.

Enjoy!