



Spicy Cajun Prawn Risotto

with Lemon Crumb and Spring Onions

Classic 40-45 Minutes • Very Hot • 1 of your 5 a day

6



Leek



Garlic Clove



Spring Onion



Lemon



Vegetable Stock Paste



Cajun Style Spice Mix



Risotto Rice



Panko Breadcrumbs



King Prawns



Grated Hard Italian Style Cheese



King Prawns

Pantry Items

Oil, Salt, Pepper, Olive Oil

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

Kettle, garlic press, zester, saucepan, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Lemon**	½	1	1
Vegetable Stock Paste 10)	20g	30g	40g
Cajun Style Spice Mix	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
Panko Breadcrumbs 13)	25g	25g	50g
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
Boiled Water for the Risotto*	750ml	1125ml	1500ml
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	341g	100g
Energy (kJ/kcal)	2403/574	705/168
Fat (g)	12.4	3.6
Sat. Fat (g)	4.8	1.4
Carbohydrate (g)	85.5	25.1
Sugars (g)	4.2	1.2
Protein (g)	29.1	8.6
Salt (g)	3.50	1.03

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	416g	100g
Energy (kJ/kcal)	2623/627	631/151
Fat (g)	13.2	3.2
Sat. Fat (g)	5.1	1.2
Carbohydrate (g)	85.5	20.6
Sugars (g)	4.2	1.0
Protein (g)	41.0	9.8
Salt (g)	4.40	1.10

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 **13)** Cereals containing gluten

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

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 and thinly slice the **spring onion**. Zest and halve the **lemon**.

Pour the **boiling water for the risotto** (see pantry for amount) into a medium saucepan on high heat. Stir in the **veg stock paste**, bring to the boil, then reduce the heat to the lowest setting to keep warm.



Make the Lemon Crumb

Meanwhile, heat the **olive oil for the crumb** (see pantry for amount) in a frying pan on medium-high heat.

Add the **breadcrumbs** and season with **salt** and **pepper**. Toast until golden, 3-4 mins, stirring frequently.

Once golden, stir in the **lemon zest** and transfer to a bowl.



Start your Risotto

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **leek**, season with **salt** and **pepper**, then cook until softened, 4-6 mins, stirring occasionally.

Stir in the **garlic** and **Cajun style spice mix** (add less if you'd prefer things milder) and cook for 1 min, then stir in the **risotto rice** and cook until translucent around the edges, 1-2 mins.



Cook the Prawns

Once the **risotto** has about 5 mins left to cook, stir in the **prawns** and simmer for 5-6 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.

Remove from the heat and add the **hard Italian style cheese** and a knob of **butter** (if you have any). Stir vigorously until well combined, then squeeze in some **lemon juice**.

CUSTOM RECIPE

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



Add the Stock

Stir a ladle of your **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 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.



Finish and Serve

Taste the **risotto** and add more **salt**, **pepper** and **lemon juice** if needed.

Spoon your **prawn risotto** into bowls and top with the **lemon crumb** and **spring onions**.

Serve with any remaining **lemon** cut into **wedges** for squeezing over.

Enjoy!