

Spicy Cajun Prawn Risotto

with Lemony Crumb Topping

Calorie Smart 40 Minutes • Very Hot! • 1 of your 5 a day















Spring Onion



Vegetable Stock Paste





Risotto Rice



Panko Breadcrumbs



King Prawns



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Kettle, Cutting Board, Knife, Garlic Press, Zester, Saucepan, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Leek**	1	2	2
Garlic Clove	2	3	4
Spring Onion**	1	2	2
Lemon**	1/2	1	1
Water*	750ml	1150ml	1500ml
Vegetable Stock Paste 10)	20g	30g	40g
Cajun Spice	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
Olive Oil*	1 tbsp	1 ½tbsp	2 tbsp
Panko Breadcrumbs 13)	25g	25g	50g
King Prawns 5)**	150g	250g	300g
Grated Hard Italian Style Cheese 7) 8) **	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	341g	100g
Energy (kJ/kcal)	2403 /574	705 /168
Fat (g)	12	4
Sat. Fat (g)	5	1
Carbohydrate (g)	86	25
Sugars (g)	3	1
Protein (g)	29	9
Salt (g)	3.50	1.03

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 8) Egg 10) Celery 13) Gluten

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

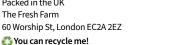
Thumbs up or thumbs down?

Head online or use our app to rate this recipe

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

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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 stock (see ingredients for amount) into a saucepan on low heat. Stir in the **stock** paste. You'll add the stock to the rice later.



Start Cooking

Heat a drizzle of oil in a large saucepan on medium-high heat. Once hot, add the leek and season with salt and pepper. Cook the leek until softened, 4-6 mins, stirring occasionally. Stir in the garlic and Cajun spice (add less spice if you don't like heat) and cook for 1 minute, then stir in the risotto rice and cook until translucent around the edges, 1-2 mins.



Add the Stock

Stir in a ladle of your **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 the **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is cooked through but with a tiny bit of firmness left in the middle.



Make the Crumb

Heat the olive oil (see ingredient list for amount) in a frying pan on medium-high heat. Add the breadcrumbs and season with salt and pepper. Toast them until golden, 3-4 mins, stirring every minute. Once golden, stir in the lemon zest and remove to a bowl.



Cook the Prawns

Once the risotto has 5 mins left to cook, stir in the **prawns** and simmer for 4-5 mins. **IMPORTANT**: Wash your hands after handling raw seafood. The prawns are cooked when opaque all the way through. Remove from the heat and add the hard Italian style cheese and a knob of butter (if you have it). Stir vigorously until well combined, then squeeze in some lemon juice.



Finish and Serve

Taste the risotto and add more salt, pepper and lemon juice if you feel it needs it. Spoon into bowls and top with the **lemon crumb** and the spring onion.

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.