



Spicy Cajun Prawn Risotto with Lemony Crumb Topping

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

27



Leek



Garlic



Spring Onion



Lemon



Vegetable Stock Paste



Cajun Spice



Risotto Rice



Panko Breadcrumbs



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:

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** | ½ | 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

You can recycle me!



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.