



Spicy Cajun Prawn Risotto

with Lemony Crumb Topping

Calorie Smart 40 Minutes • Hot! • 1 of your 5 a day • Under 600 Calories

28



Leek



Garlic



Spring Onion



Lemon



Vegetable Stock Paste



Cajun Spice Mix



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, Garlic Press, Zester, Saucepan, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Leek**	1	2	2
Garlic**	2	3	4
Spring Onion**	1	2	2
Lemon**	½	1	1
Water for the Stock*	750ml	1150ml	1500ml
Vegetable Stock Paste 10	20g	30g	40g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
Olive Oil*	1 tbsp	1½ tbsp	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)	2378/568	698/167
Fat (g)	12	4
Sat. Fat (g)	5	1
Carbohydrate (g)	86	25
Sugars (g)	3	1
Protein (g)	29	8
Salt (g)	3.58	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

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 **veg stock paste**. You'll add the **stock** to the **rice** later.



Make the Crumb

Heat the **olive oil** (see ingredients 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 frequently. Once golden, stir in the **lemon zest** and remove to a bowl.



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 mix** (add less if you don't like heat) 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 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 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**.



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.



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 **lemony 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.