



Spicy Cajun Prawn Risotto

with Lemon Crumb and Spring Onions

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

4



Leek



Garlic Clove



Spring Onion



Lemon



Vegetable Stock Paste



Cajun Spice Mix



Risotto Rice



Panko Breadcrumbs



King Prawns



Grated Hard Italian Style Cheese

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Kettle, garlic press, zester, saucepan, ladle, 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 for the Risotto*	750ml	1125ml	1500ml
Vegetable Stock Paste 10)	20g	30g	40g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Panko Breadcrumbs 13)	25g	25g	50g
King Prawns** 5)	150g	225g	340g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	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)	4	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) 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.

Contact

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Packed in the UK

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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 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 Lemon Crumb

Meanwhile, heat the **olive oil for the crumb** (see ingredients 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 Cooking

Heat a drizzle of **oil** in another 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 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 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 **grated 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** to your **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 into bowls and top with the **lemon crumb** and **spring onions**. Serve with any remaining **lemon** cut into **wedges** for squeezing over.

Enjoy!