



Tiger Prawn Risotto

with Asparagus and Dukkah

PREMIUM 45 Minutes • 2 of your 5 a day

N° 13



Echalion Shallot



Leek



Garlic Clove



Asparagus



Flat Leaf Parsley



Lemon



Knorr Vegetable Stock Pot



Arborio Rice



White Wine Vinegar



King Prawns



Super Dukkah Mix



Grated Italian Style Hard Cheese



Unsalted Butter

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Measuring Jug, Saucepan, Ladle and Large Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1½	2
Leek**	1	1½	2
Garlic Clove**	2	3	4
Asparagus**	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Water for the Risotto*	750ml	1100ml	1500ml
Knorr Vegetable Stock Pot (10)	1 pot	1½ pots	2 pots
Arborio Rice	175g	260g	350g
White Wine Vinegar (14)	1 sachet	1½ sachets	2 sachets
King Prawns 5)**	150g	250g	300g
Super Dukkah Mix 1) 2) 3) 10)	2 pots	3 pots	4 pots
Grated Italian Style Hard Cheese 7) 8)**	1 bag	1½ bags	2 bags
Unsalted Butter 7)**	30g	45g	60g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	485g	100g
Energy (kJ/kcal)	2975 / 711	613 / 147
Fat (g)	29	6
Sat. Fat (g)	13	3
Carbohydrate (g)	77	16
Sugars (g)	7	2
Protein (g)	35	7
Salt (g)	4.70	0.97

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 3) Sesame 5) Crustaceans 7) Milk 8) Egg 10) Celery 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Prep the Veggies

Halve, peel and chop the **shallot** into ½cm pieces. Trim the root and the dark green leafy part from the **leek**. Halve lengthways and thinly slice widthways. Peel and grate the **garlic** (or use a press). Chop the bottom 2cm off the **asparagus** and discard. Cut the spears in half widthways. Roughly chop the **parsley** (stalks and all). Halve the **lemon**.



4. Asparagus Time!

Halfway through the **risotto** cooking time, heat a splash of **oil** in a large frying pan over medium-high heat. Stir-fry the **asparagus** until it has a little colour, 2 mins, then add a splash of **water** to the pan, cover with a lid or some kitchen foil and leave to steam until tender, 3-5 mins. Season with **salt** and **pepper** and transfer to a plate. Keep warm covered with foil.



2. Start the Risotto

Boil the **water** (see ingredients for amount) in a saucepan over high heat. Add the **Knorr vegetable stock pot**, stir to dissolve and reduce the heat to low. Heat a glug of **oil** in a wide-bottomed saucepan on medium heat. Add the **shallot** and **leek**. Season with **salt** and **pepper** and cook until soft, 5-6 mins. Add the **garlic**, stir together and cook for 1 minute.



5. Cook the Prawns

Leave the pan on the heat (and add a little **oil** if the pan is dry). Add the **prawns** and stir-fry until cooked, 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the centre. When cooked, remove from the heat and add a squeeze of **lemon juice**. Sprinkle on **half** the **parsley** with all of the **dukkah** and stir together.



3. Cook the Risotto

Pour in the **arborio rice** and stir together. Cook for 1 minute so the **rice** is coated in the **garlicky oil**. Add the **white wine vinegar** and allow it to evaporate. Stir in a ladle of **stock** and when the **stock** has been absorbed by the **rice**, add another ladle of **stock**. Keep the pan on medium heat and continue stirring and adding **stock**. **TIP:** Let the rice absorb the stock before adding another ladle. This should take 20-25 mins.



6. Finish and Serve

When your **risotto** is cooked, remove from the heat and add the **hard Italian cheese**, **butter** and the remaining **parsley**. Stir well to make the **risotto** really creamy. Taste and add more **salt**, **pepper** and **lemon juice** to taste. Spoon the **risotto** into your bowls and top with the **dukkah prawns** and **asparagus pieces**.

Enjoy!