



# Tiger Prawn Risotto

with Asparagus, Leeks and Dukkah

Premium 45 Minutes • 2 of your 5 a day

23



Echalion Shallot



Leek



Garlic Clove



Asparagus



Flat Leaf Parsley



Lemon



Vegetable  
Stock Powder



Arborio Rice



Cider Vinegar



King Prawns



Super Dukkah Mix



Grated Hard Italian  
Style Cheese



Unsalted Butter

## Before you start

### Cooking tools, you will need:

Fine Grater, Measuring Jug, Saucepan and Frying Pan.

### Ingredients

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

\*Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	479g	100g
Energy (kJ/kcal)	3017 / 721	630 / 151
Fat (g)	27	6
Sat. Fat (g)	13	3
Carbohydrate (g)	82	17
Sugars (g)	8	2
Protein (g)	34	7
Salt (g)	2.96	0.62

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

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

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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### 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 (see pic). Roughly chop the **parsley** (stalks and all). Halve the **lemon**.



### Start the Risotto

Boil the **water** (see ingredients for amount) in a saucepan over high heat. Add the **vegetable stock powder**, stir to dissolve and reduce the heat to low. Heat a glug of **oil** in another 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.



### 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 **vinegar** and allow it to evaporate. Stir in a ladle of **stock**. When it has been absorbed by the **rice**, add another ladle. 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.



### 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.



### 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.



### 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!

**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.