



# Prawn and Tomato Risotto with Chilli and Parsley

Calorie Smart 35 Minutes • Little Heat • Under 600 Calories • 1.5 of your 5 a day



Leek



Garlic Clove



Flat Leaf Parsley



Red Chilli



Vegetable Stock Powder



Tomato Purée



Arborio Rice



Cider Vinegar



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:

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

## Ingredients

	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Water for Stock*	750ml	1125ml	1500ml
Vegetable Stock Powder <b>10</b>	2 sachets	3 sachets	3 sachets
Tomato Purée	1 sachet	2 sachets	2 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
Grated Hard Italian Style Cheese <b>7</b> <b>8</b> **	1 pack	1½ packs	2 packs

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	686g	100g
Energy (kJ/kcal)	2065 /494	301 /72
Fat (g)	7	1
Sat. Fat (g)	4	1
Carbohydrate (g)	79	12
Sugars (g)	6	1
Protein (g)	28	4
Salt (g)	2.83	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**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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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

Preheat your oven to 200°C. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Halve the **chilli** lengthways, deseed then slice thinly. Pour the **water** (see ingredient list for amount) into a pan and add the **vegetable stock powder**. Pop onto high heat and bring to the boil, then reduce the heat to low (you want to just keep it warm).



## Start the Risotto

Heat a drizzle of **oil** in a wide bottomed pan on medium heat. Once hot, add the **leek** and fry until softened, 4-5 mins. Stir occasionally. Once soft, stir in the **garlic** and **tomato purée** (and a splash more **oil** if it's a bit dry). Stir and cook for 1 minute. Add the **rice**, stir and cook for 1 minute until the edges are starting to look translucent. Add the **cider vinegar** and allow it to evaporate, 30 seconds.



## Simmer

Stir in a ladle of **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 **stock**, letting it absorb each time. The cooking time should be 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. **TIP:** You may not need all your stock or you may need a bit of extra water.



## Cook the Prawns

When the **risotto** has 5 mins left, stir in the **prawns** and simmer until they are cooked, 5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## Finish Up!

Once cooked, remove the **risotto** from the heat and add the **grated hard Italian style cheese**, a knob of **butter** (if you have some) and **half** the **parsley**. Stir vigorously until the **cheese** and **butter** have melted.



## Finish and Serve

Taste the **risotto** and add **salt** and **pepper** if you feel it needs it. Serve the **risotto** in bowls with the **red chilli** (use less chilli if you don't like heat) and remaining **parsley** sprinkled on top.

## 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.