



Baked Chorizo & Spinach Risotto with Cherry Tomatoes & Parmesan

Grab your Meal Kit
with this symbol



Mild Chorizo



Brown Onion



Garlic



Lemon



Thyme



Chilli Flakes
(Optional)



Arborio Rice



Chicken Stock
Pot



Cherry Tomatoes



Grated Parmesan
Cheese



Baby Spinach
Leaves

Hands-on: 35-45 mins
Ready in: 50-60 mins
Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional
chilli flakes)

What happens when you cook chorizo with thyme, lemon zest and chilli, then use this as the base for risotto? We could tell you, but the best way to find out is to try it yourself! While you're at it, throw in some roasted cherry tomatoes for a sweet burst of flavour.

Pantry items

Olive Oil, Butter



Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish ·
Oven tray lined with baking paper

Ingredients

	2 People refer to method	4 People refer to method
olive oil*		
mild chorizo	1 packet	2 packets
brown onion	1	2
garlic	2 cloves	4 cloves
lemon	½	1
thyme	1 bunch	1 bunch
chilli flakes (optional)	pinch	pinch
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
chicken stock pot	1 packet (20g)	1 packet (40g)
cherry tomatoes	1 punnet	2 punnets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3831kJ (916Cal)	765kJ (183Cal)
Protein (g)	40.7g	8.1g
Fat, total (g)	46.2g	9.2g
- saturated (g)	18.9g	3.8g
Carbohydrate (g)	78.2g	15.6g
- sugars (g)	12.4g	15.6g
Sodium (mg)	2302mg	460mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Roughly chop the **mild chorizo**. Finely chop the **brown onion**. Finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice into wedges. Pick the **thyme leaves**.



Start the risotto

In a large frying pan, heat a small drizzle of **olive oil** over a medium-high heat. Cook the **chorizo**, stirring, until golden and crisp, **3-4 minutes**. Add the **onion** and cook, stirring, until softened, **4 minutes**. Add the **garlic, lemon zest, thyme** and a pinch of **chilli flakes** (if using) and cook until fragrant, **1 minute**. Add the **arborio rice** and stir until well combined.



Bake the risotto

Add the **water** and **chicken stock pot** to the frying pan, stir and bring to the boil. Transfer the **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Roast the cherry tomatoes

While the risotto is baking, halve the **cherry tomatoes**. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until blistered, **15-20 minutes**.



Finish the risotto

When the risotto is done, remove from the oven and stir through a splash of **water** if needed. Stir in the **grated Parmesan cheese**, the **butter** and the **baby spinach leaves**. Gently fold in the roasted **cherry tomatoes**. Season to taste.



Serve up

Divide the risotto between bowls and serve with the lemon wedges.

Enjoy!