



Garlic Prawn & Chorizo Risotto

with Rosemary-Roasted Cherry Tomatoes

Grab your Meal Kit
with this symbol



	Brown Onion
	Garlic
	Mild Chorizo
	Arborio Rice
	Vegetable Stock Powder
	Cherry Tomatoes
	Rosemary
	Lemon
	Prawns
	Chilli Flakes (Optional)
	Grated Parmesan Cheese
	Baby Spinach Leaves
	Parsley

Hands-on: 30-40 mins

Ready in: 45-55 mins

Eat Me First

Naturally Gluten-Free

Not suitable for coeliacs

Spicy (optional
chilli flakes)

We've taken a few of our favourite things – chorizo, garlic prawns and lightly charred cherry tomatoes – and turned them into a risotto distantly related to paella. It's baked in the oven to give you time to pour a wine, put your feet up, and set the mood for a meal to remember.

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	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	4 cloves	8 cloves
mild chorizo	1 packet (135g)	2 packets (270g)
butter*	20g	40g
arborio rice	1 medium packet	1 large packet
water*	2½ cups	5 cups
vegetable stock powder	1 large sachet	2 large sachets
cherry tomatoes	1 punnet	2 punnets
rosemary	2 sticks	4 sticks
lemon	½	1
prawns	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3259kJ (779Cal)	574kJ (137Cal)
Protein (g)	41.5g	7.3g
Fat, total (g)	34.6g	6.1g
- saturated (g)	15.7g	2.8g
Carbohydrate (g)	81.5g	14.4g
- sugars (g)	10g	14.4g
Sodium (mg)	2594mg	457mg

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.

Fancy a drop?

We recommend pairing this meal with Riesling or Sauvignon Blanc



Start the risotto

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** and the **garlic**. Roughly chop the **mild chorizo**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **chorizo** until golden, **5 minutes**. Add the **butter** and 1/2 the **garlic** and cook until fragrant, **30 seconds**. Add the **arborio rice** and stir to coat. Add the **water** and **vegetable stock powder** (see ingredients). Bring to the boil, then remove from the heat.



Bake the risotto

Transfer the **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **30-35 minutes**.

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



Roast the cherry tomatoes

While the risotto is baking, cut the **cherry tomatoes** in half. Pick and finely chop the **rosemary**. Place the **cherry tomatoes** and **rosemary** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until fragrant and lightly charred, **20-25 minutes**.



Cook the prawns

When the risotto has **5 minutes** of cook time remaining, zest the **lemon** to get a pinch, then cut into wedges. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **prawns** and cook, tossing, until pink and starting to curl up, **3-4 minutes**. Add a pinch of **chilli flakes** (if using) and the remaining **garlic** and cook until fragrant, **30 seconds**. Remove the pan from the heat. Add a squeeze of **lemon**, then season.



Finish the risotto

Stir the **grated Parmesan cheese** through the **risotto** until melted. Add the **baby spinach leaves** and the **lemon zest**, and stir to combine. Add a squeeze of **lemon juice**, then season to taste. Gently fold in the roasted **cherry tomatoes**.



Serve up

Finely chop the **parsley**. Divide the chorizo risotto between bowls. Top with the garlic prawns. Sprinkle with the parsley and serve with any remaining lemon wedges.

Enjoy!

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