



Prawn and Tomato Risotto

with Leeks, Cheese and Chilli Flakes

28

Calorie Smart 40-45 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Leek



Garlic Clove



Vegetable Stock Paste



Tomato Puree



Risotto Rice



Cider Vinegar



King Prawns



Grated Hard Italian Style Cheese



Chilli Flakes



King Prawns

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press and saucepan.

Ingredients

Ingredients	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	2	3	4
Vegetable Stock Paste 10)	20g	30g	40g
Tomato Puree	30g	45g	60g
Risotto Rice	175g	260g	350g
Cider Vinegar 14)	15ml	15ml	30ml
King Prawns** 5)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Stock*	800ml	1200ml	1600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	704g	100g	779g	100g
Energy (kJ/kcal)	1938 / 463	275 / 66	2157 / 516	277 / 66
Fat (g)	5.3	0.8	6.1	0.8
Sat. Fat (g)	2.4	0.3	2.6	0.3
Carbohydrate (g)	77.7	11.0	77.7	10.0
Sugars (g)	6.6	0.9	6.6	0.8
Protein (g)	24.9	3.5	36.7	4.7
Salt (g)	3.31	0.47	4.21	0.54

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

5) Crustaceans **7)** Milk **8)** Egg **10)** Celery **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

Trim and discard 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).

Pour the **water for the stock** (see pantry for amount) into a medium saucepan on high heat. Add the **veg stock paste**, stir to combine. Bring to the boil, then reduce the heat to the lowest setting. This is your **veg stock**.



Cook the Prawns

When the **risotto** has almost 6 mins left, drain the **prawns**.

Stir the **prawns** into the **risotto** and cook until tender, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.*

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, prep and cook the recipe in the same way.



Weight Watchers



Start your Risotto

Heat a drizzle of **oil** in a large, wide-bottomed frying pan on medium heat.

Once hot, add the **sliced leek** and fry until softened, 4-5 mins. Stir occasionally.

Stir in the **garlic** and **tomato puree** (and a drizzle more **oil** if it's a bit dry). Stir and cook for 1 min.

Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Next, add the **cider vinegar** and allow it to evaporate, 30 secs.



Cheese Please

Once cooked, remove your **risotto** from the heat and add the **hard Italian style cheese** and a knob of **butter** (if you have any).

Stir vigorously until the **cheese** and **butter** have melted. Taste and add **salt** and **pepper** if needed.

TIP: Add a splash of water if you feel the risotto is looking a little dry.



Ladle and Stir

Stir a ladle of **stock** into the **rice** pan. 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 take 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.



Serve

Serve your **prawn and tomato risotto** between your bowls.

Finish by scattering the **chilli flakes** over the top (add less if you'd prefer things milder).

Enjoy!