



Cajun Spiced Prawn Risotto with Crispy Onions

Calorie Smart 40-45 Minutes • **Very Hot** • 1 of your 5 a day • Under 650 Calories

28



Leek



Garlic Clove



Lemon



Vegetable Stock Paste



Cajun Spice Mix



Risotto Rice



King Prawns



Grated Hard Italian Style Cheese



Crispy Onions



King Prawns

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on 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. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, measuring jug and saucepan.

Ingredients

Ingredients	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	2	3	4
Lemon**	½	1	1
Vegetable Stock Paste 10	20g	30g	40g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
King Prawns** 5	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Crispy Onions 13	1 sachet	2 sachets	2 sachets
King Prawns** 5	150g	225g	300g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	800ml	1200ml	1600ml
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	709g	100g	784g	100g
Energy (kJ/kcal)	2409 /576	340 /81	2529 /628	335 /80
Fat (g)	15.3	2.2	16.1	2.0
Sat. Fat (g)	6.4	0.9	6.6	0.8
Carbohydrate (g)	81.6	11.5	81.6	10.4
Sugars (g)	6.1	0.9	6.1	0.8
Protein (g)	28.4	4.0	40.1	5.1
Salt (g)	3.74	0.53	4.64	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans **7**) Milk **8**) Egg **10**) Celery **13**) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking. SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Get Prepped

Boil a full kettle.

Meanwhile, trim and discard the root and dark green leafy part from the **leek**. Halve lengthways, then thinly slice.

Peel and grate the **garlic** (or use a garlic press). Halve the **lemon** (see ingredients for amount).

Pour the **boiled water for the stock** (see pantry for amount) into a large measuring jug. Stir in the **vegetable stock paste** - this is your **stock**.



Start your Risotto

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

Once hot, add the **leek**, season with **salt** and **pepper**, then cook, stirring occasionally, until softened, 4-6 mins.

Stir in the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) and cook for 1 min, then stir in the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Add the Stock

Pour in a **third** of the **stock** and stir to combine. Bring to the boil and simmer until absorbed, then repeat with the remaining **stock**, a **third** at a time. Stir occasionally.

The total cooking time should take 20-25 mins and your **risotto** is done when the **rice** is 'al-dente' - cooked through but with a tiny bit of firmness left in the middle.



Cook the Prawns

Once the **risotto** has 5 mins cook time remaining, drain the **prawns**.

Stir the **prawns** into the **risotto** and simmer for 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**, cook the recipe in the same way.



Finishing Touches

Once the **prawns** are cooked, remove the **risotto** from the heat, then stir through the **hard Italian style cheese** and a knob of **butter** (if you have any) until melted.

Stir vigorously until well combined, then finish with a squeeze of **lemon juice**.

Taste and season with **salt**, **pepper** and more **lemon** juice if needed.



Serve Up

Share the **prawn risotto** between your bowls. Scatter over the **crispy onions** to finish.

Enjoy!