



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 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, kettle, measuring jug 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) | 40g | 60g | 80g |
| 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 | 714g | 100g | 789g | 100g |
| Energy (kJ/kcal) | 2036 /487 | 285 /68 | 2202 /526 | 279 /67 |
| Fat (g) | 7.6 | 1.1 | 8.0 | 1.0 |
| Sat. Fat (g) | 4.1 | 0.6 | 4.3 | 0.5 |
| Carbohydrate (g) | 77.7 | 10.9 | 77.7 | 9.8 |
| Sugars (g) | 6.6 | 0.9 | 6.6 | 0.8 |
| Protein (g) | 25.3 | 3.5 | 34.2 | 4.3 |
| Salt (g) | 3.65 | 0.51 | 4.66 | 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 **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, 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.
HIGH 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).

Boil a full kettle. 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**.



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**, cook the recipe in the same way.



Start your Risotto

Heat a drizzle of **oil** in a large, wide-bottomed saucepan 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.



Finishing Touches

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

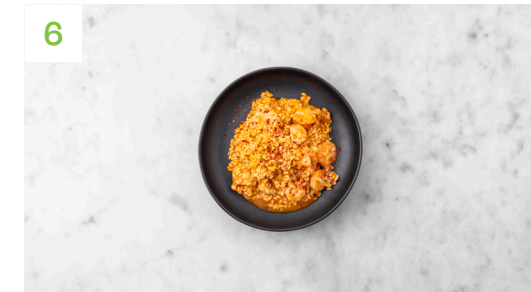
Stir vigorously until the **cheese** and **butter** have melted. Taste and add **salt** and **pepper** if needed. **TIP:** Add a splash of water if you feel the risotto is looking a little dry.



Stir in 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.



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!