



Stovetop Cajun Spiced Prawn Risotto with Crispy Onions

6

Classic 35-40 Minutes • Very Hot • 1 of your 5 a day



Leek



Garlic Clove



Lemon



Vegetable Stock Paste



Cajun Spice Mix



Risotto Rice



King Prawns



Grated Hard Italian Style Cheese



Crispy Onions



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

Make it Higher Protein

If you chose to make this recipe higher 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
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Boiled Water for the Stock*	800ml	1200ml	1600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	730g	100g	785g	100g
Energy (kJ/kcal)	2206 / 527	302 / 72	2687 / 642	342 / 82
Fat (g)	11.0	1.5	12.9	1.6
Sat. Fat (g)	5.7	0.8	6.2	0.8
Carbohydrate (g)	81.6	11.2	81.7	10.4
Sugars (g)	6.1	0.8	6.2	0.8
Protein (g)	25.5	3.5	48.0	6.1
Salt (g)	3.85	0.53	3.04	0.39

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, mollusc, 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.

Contact

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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 **veg stock paste** - this is your **stock**.

If you prefer oven-baking your risotto, preheat your oven to 220°C/200°C fan/gas mark 7. Use an ovenproof pan and 2p: 600ml, 3p: 900ml, 4p: 1200ml of boiled water.



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.



Start your Risotto

Heat a drizzle of **oil** in a large, wide-bottomed saucepan on medium 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** and cook until translucent around the edges, 1-2 mins.

Make it Higher Protein

If you've chosen a higher protein version, add the **chicken** to the pan with the **leek**. Fry for the same amount of time, the **chicken** will cook through in the **risotto**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Finishing Touches

Once the **prawns** are cooked, remove 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.



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.

For oven-baking, pour in all the water at once and cover with a lid or foil. Bake until the water has been absorbed, 25-30 mins.



Serve Up

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

Enjoy!