



Stovetop Prawn and Tomato Risotto with Leeks and Cheese

28

Calorie Smart

40-45 Minutes • 1 of your 5 a day • Under 650 Calories



Leek



Garlic Clove



Vegetable Stock Paste



Mixed Herbs



Tomato Puree



Risotto Rice



Cider Vinegar



King Prawns



Grated Hard Italian Style Cheese



Sun-Dried Tomato Paste



King Prawns

Pantry Items

Oil, Salt, Pepper, Butter

+ Double King Prawns

If you chose to double prawns, 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	20g	30g	40g
Mixed Herbs	1 sachet	1 sachet	2 sachets
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
Sun-Dried Tomato Paste	25g	37g	50g
King Prawns* 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Stock*	800ml	1200ml	1600ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	737g	100g	812g	100g
Energy (kJ/kcal)	2453 /586	333 /80	2619 /626	323 /77
Fat (g)	17.3	2.3	17.7	2.2
Sat. Fat (g)	9.5	1.3	9.7	1.2
Carbohydrate (g)	80.0	10.9	80.0	9.9
Sugars (g)	7.4	1.0	7.4	0.9
Protein (g)	25.8	3.5	34.7	4.3
Salt (g)	4.20	0.57	5.21	0.64

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


Allergens

5) Crustaceans **7)** Milk **8)** Egg **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, 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.

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

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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** and **mixed herbs** - 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.*

+ Double King Prawns

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



Start your Risotto

Heat the **butter** (see pantry for amount) 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**, **sun-dried tomato paste** 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.

Enjoy!