



# Prawn and Tomato Risotto

with Cheese and Chilli Flakes

6

Classic 40-45 Minutes • Mild Spice • 1 of your 5 a day



Onion



Garlic Clove



Vegetable Stock Paste



Tomato Puree



Risotto Rice



Cider Vinegar



King Prawns



Baby Spinach



Grated Hard Italian Style Cheese



Chilli Flakes



King Prawns

### Recipe Update

Due to quality issues with **leek**, you'll instead receive **baby spinach**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade 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, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	2	2
Garlic Clove**	2	3	4
Vegetable Stock Paste <b>10)</b>	20g	30g	40g
Tomato Puree	30g	45g	60g
Risotto Rice	175g	260g	350g
Cider Vinegar <b>14)</b>	15ml	15ml	30ml
King Prawns** <b>5)</b>	150g	225g	300g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
King Prawns** <b>5)</b>	150g	225g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Stock*	750ml	1125ml	1500ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	300g	100g	375g	100g
Energy (kJ/kcal)	1973 / 472	657 / 157	2192 / 524	584 / 140
Fat (g)	5.3	1.8	6.1	1.6
Sat. Fat (g)	2.2	0.7	2.5	0.7
Carbohydrate (g)	79.5	26.5	79.5	21.2
Sugars (g)	7.5	2.5	7.5	2.0
Protein (g)	24.9	8.3	36.7	9.8
Salt (g)	3.28	1.09	4.18	1.11

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, 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.

## Contact

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## Get Prepped

Halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press).

Pour the **boiled water for the stock** (see pantry for amount) into a small saucepan and add the **veg stock paste**. Pop on high heat and bring to the boil. Stir, then reduce the heat to low to keep it warm.



## Cook the Prawns

When the **risotto** has almost 6 mins left, drain the **prawns** and pat dry with kitchen paper.

Stir the **prawns** into the **risotto** and simmer until cooked, 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 frying pan on medium-high heat.

Add the **onion** to the pan and stir-fry until softened, 4-5 mins.

Once soft, 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 **rice**, stir and cook for 1 min until the edges of the **rice** are translucent, then add the **cider vinegar** and allow it to evaporate, 30 secs.



## Finishing Touches

Once the **stock** has been absorbed, add the **spinach** to the **risotto** one handful at a time, stirring until wilted, 2-3 mins.

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.



## 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.

Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time.

The cooking time should be 20-25 mins. 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** in bowls with the **chilli flakes** sprinkled on top (use less if you'd prefer things milder).

## Enjoy!