



Prawn and Tomato Risotto

with Spinach, Cheese and Chilli Flakes

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

6



Onion



Garlic Clove



Vegetable Stock Paste



Tomato Puree



Risotto Rice



Cider Vinegar



King Prawns



Baby Spinach



Grated Hard Italian Style Cheese



Chilli Flakes

Pantry Items
Oil, Salt, Pepper

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	1	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
Baby Spinach**	40g	60g	80g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Water for the Stock*	750ml	1125ml	1500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1973 /472	657 /157
Fat (g)	5.3	1.8
Sat. Fat (g)	2.3	0.8
Carbohydrate (g)	79.5	26.5
Sugars (g)	7.5	2.5
Protein (g)	24.9	8.3
Salt (g)	3.28	1.09

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 **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 your **stock** 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.

For the last 1-2 mins, stir in the **spinach** a handful at a time until wilted and piping hot.



Start your Risotto

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion** and fry until softened, 4-5 mins. Stir occasionally.

Once softened, 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.



Cheese Please

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.



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 of **stock**.

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!