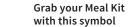


Portuguese-Style Prawns & Tomato Rice with Peri-Peri Mayo

NEW

















Arborio Rice





Aussie Spice



Blend

Peeled Prawns



Sauce



Mayonnaise



Parsley

Baby Spinach



Prep in: 25-35 mins Ready in: 45-55 mins



Indulge your taste buds in a symphony of flavours with our Portuguese-style prawns and tomato rice. Succulent prawns, marinated in garlic and lemon, are expertly seared to perfection and presented atop a bed of fluffy, tomato-infused rice. Served with a dollop of peri peri mayo, this dish is an absolute delight!

Pantry items Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
celery	1 stalk	2 stalks		
garlic	2 cloves	4 cloves		
corn	1 cob	2 cobs		
lemon	1/2	1		
arborio rice	1 packet	1 packet		
tomato paste	1 packet	2 packets		
Aussie spice blend	1 medium sachet	1 large sachet		
boiling water*	2 cups	4 cups		
peeled prawns	1 packet	2 packets		
peri peri sauce	½ medium packet	1 medium packet		
mayonnaise	1 medium packet	1 large packet		
butter*	20g	40g		
baby spinach leaves	1 small bag	1 medium bag		
parsley	½ bag	1 bag		
peeled prawns**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2514kJ (601Cal)	666kJ (159Cal)
Protein (g)	23.8g	6.3g
Fat, total (g)	15.1g	4g
- saturated (g)	2.2g	0.6g
Carbohydrate (g)	82.3g	21.8g
- sugars (g)	7g	1.9g
Sodium (mg)	2013mg	533mg
	U	U

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2864kJ (685Cal)	600kJ (143Cal)
Protein (g)	37.5g	7.9g
Fat, total (g)	15.6g	3.3g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	82.3g	17.2g
- sugars (g)	7g	1.5g
Sodium (mg)	2665mg	558mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to 220°C/200°C fan-forced.
 Boil the kettle.
- Finely chop celery and garlic. Slice kernels off corn cob. Zest lemon to get a pinch and slice into wedges.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook corn and celery, stirring, until tender, 3-4 minutes.



Bake the rice

- To the pan with the veggies, add arborio rice, tomato paste, Aussie spice blend and half the garlic and cook, stirring, until fragrant,
 1-2 minutes.
- Remove pan from heat, then add the boiling water (2 cups for 2 people / 4 cups for 4 people), then stir to combine. Transfer risotto mixture to a baking dish.
- Cover tightly with foil, then bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Prep the prawns

- When the rice has **10 minutes** remaining, drain and pat dry **peeled prawns**.
- In a medium bowl, combine prawns, lemon zest, remaining garlic and a drizzle of olive oil.
 Season with salt and pepper.

Custom Recipe: If you've doubled your prawns, prep in a large bowl.



Cook the prawns

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook prawns, tossing, until pink and starting to curl up, 4-5 minutes.

Custom Recipe: Cook prawns in batches for the best result!



Finish the rice

- In a small bowl, combine peri peri sauce (see ingredients) and mayonnaise.
- When risotto is done, stir through the butter and baby spinach leaves until slightly wilted.
 Season to taste.

TIP: If the risotto looks dry, stir through a splash of water.



Serve up

- Divide Portuguese-style rice between bowls. Top with garlic prawns.
- Dollop over peri peri mayo. Tear over parsley (see ingredients) to garnish. Serve with lemon wedges. Enjoy!



Scan here if you have any questions or concerns

