HELLO FRESH

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

NEW

Celery

Garlic

Corn

Lemon

Arborio Rice

Tomato Paste

Aussie Spice Blend

Peeled Prawns

Peri Peri Sauce

Mayonnaise

Baby Spinach Leaves

Parsley

Peeled Prawns

Pantry items

Olive Oil, Butter

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

Calorie Smart*
*Custom Recipe is not Calorie Smart

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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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

	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	½	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

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.

1 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**.

2 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.*

3 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.

4 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!

5 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.*

6 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!

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