



Paella-Style Garlic Prawn Risoni

with Capsicum & Parsley

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Risoni



Capsicum



Tomato



Garlic



Parsley



Peeled Prawns



Tomato Paste



Aussie Spice Blend



Baby Leaves



Peeled Prawns

Recipe Update

We've replaced the arborio rice with risoni due to local ingredient availability. It'll be just as delicious, just follow your recipe!

Prep in: 20-30 mins
Ready in: 45-55 mins

Calorie Smart

Tonight, let's put a spin on a Spanish classic. This paella-inspired risoni dish is packed with tomato and garlic goodness, and is topped with perfectly cooked prawns for a fresh hit of protein. Sprinkle over some parsley and you've got a dish fit for the Mediterranean!

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

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
risoni	1 medium packet	1 large packet
capsicum	1	2
tomato	1	2
garlic	4 cloves	8 cloves
parsley	1 packet	1 packet
peeled prawns	1 packet	2 packets
tomato paste	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
baby leaves	1 small packet	1 medium packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1576kJ (376Cal)	598kJ (142Cal)
Protein (g)	22.4g	8.5g
Fat, total (g)	10.2g	3.9g
- saturated (g)	6g	2.3g
Carbohydrate (g)	41.2g	15.6g
- sugars (g)	6g	2.3g
Sodium (mg)	1375mg	522mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1926kJ (460Cal)	530kJ (126Cal)
Protein (g)	36.1g	9.9g
Fat, total (g)	10.7g	2.9g
- saturated (g)	6.1g	1.7g
Carbohydrate (g)	42.2g	11.6g
- sugars (g)	7g	1.9g
Sodium (mg)	2027mg	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



Cook the risoni

- Bring a large saucepan of water to the boil. Generously season with **salt**.
- Cook **risoni** in boiling water over high heat until 'al dente', **7-8 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain and return risoni to the pan with a drizzle of **olive oil**.

2



Get prepped

- Meanwhile, cut **capsicum** into bite-sized chunks. Roughly chop **tomato**. Finely chop **garlic** and **parsley**.
- In a large bowl, combine **prawns**, half the **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum** and **tomato** until tender, **4-5 minutes**
- Add **tomato paste**, **Aussie spice blend** and remaining **garlic**. Cook, stirring, until fragrant, **1-2 minutes**.

4



Finish the risoni

- Add reserved **pasta water** and **cooked risoni** to veggie mixture in frying pan. Cook until slightly thickened, **1-2 minutes**.
- Remove from heat and stir through the **butter** and **baby leaves**. Generously season with **salt** and **pepper**. Transfer to a large bowl.

5



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**.
- Remove pan from heat, add half the **parsley** and toss to combine.

Custom Recipe: If you've doubled your prawns, cook in batches for best results.

6



Serve up

- Divide Paella-style risoni between bowls. Top with garlic prawns.
- Sprinkle over remaining parsley to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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