

Chilli Butter Prawns & Leek Risotto

with Garlic Pangrattato & Parmesan

KID FRIENDLY CLIMATE SUPERSTAR









Risotto-Style Rice

Garlic





Vegetable Stock Powder

Panko Breadcrumbs



Peeled Prawns

Chilli Flakes (Optional)





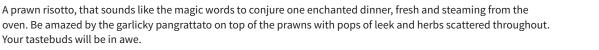
Baby Leaves

Grated Parmesan Cheese





Pantry items Olive Oil, Butter



Prep in: 20-30 mins Ready in: 30-40 mins

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

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 \cdot Medium or large baking dish

Ingredients

-			
	2 People	4 People	
olive oil*	refer to method	refer to method	
leek	1	2	
garlic	3 cloves	6 cloves	
garlic & herb seasoning	1 large sachet	2 large sachets	
risotto-style rice	1 packet	2 packets	
water*	2 cups	4 cups	
vegetable stock powder	1 medium sachet	1 large sachet	
panko breadcrumbs	½ medium packet	1 medium packet	
peeled prawns	1 packet	2 packets	
chilli flakes (optional) 🥖	pinch	pinch	
butter*	40g	80g	
baby leaves	1 medium packet	1 large packet	
grated Parmesan cheese	1 medium packet	1 large packet	
peeled prawns**	1 packet	2 packets	
*Pantry Items ** Custom Recipe Ingredient			

Nutrition

Per Serving	Per 100g
3412kJ (815Cal)	947kJ (226Cal)
30.4g	8.4g
27.5g	7.6g
15g	4.2g
106.3g	29.5g
9.3g	2.6g
2184mg	606mg
6.1g	1.7g
	3412kJ (815Cal) 30.4g 27.5g 15g 106.3g 9.3g 2184mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3762kJ (899Cal)	817kJ (195Cal)
Protein (g)	44.1g	9.6g
Fat, total (g)	28g	6.1g
- saturated (g)	15.2g	3.3g
Carbohydrate (g)	107.3g	23.3g
- sugars (g)	10.3g	2.2g
Sodium (mg)	2836mg	616mg
Dietary fibre	7.1g	1.5g

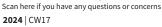
The quantities provided above are averages only.

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.

We're here to help!





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Thinly slice **leek**. Finely chop **garlic**.



Cook the prawns

- When the risotto has 5 minutes remaining, return the frying pan to medium-high heat with a drizzle of olive oil.
- Cook peeled prawns, a pinch of chilli flakes (if using) and half the butter, tossing, until prawns are pink and starting to curl up, 3-4 minutes.
- Remove from heat and season to taste.

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



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook leek, garlic & herb seasoning and half the garlic until fragrant, 1 minute.
- Add risotto-style rice, stirring to combine. Add the water and vegetable stock powder and bring to the boil. Cook, stirring, until combined, 2 minutes.
- Transfer **risotto** to a baking dish. Cover tightly with foil and 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.



Finish the risotto

- Remove risotto from oven. Stir through baby leaves, grated Parmesan cheese and remaining butter. Season to taste.
- **TIP:** If the risotto is dry, stir through a splash of water.

Little cooks: *Kids can lend a hand by sprinkling the cheese on top. Careful, the risotto is hot!*



Make the pangrattato

- While the risotto is baking, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **panko breadcrumbs (see ingredients)** and remaining **garlic**, stirring, until golden brown, **3-4 minutes**.
- Transfer to a bowl and season to taste.



Serve up

- Divide baked leek risotto between bowls.
- Top with chilli butter prawns.
- Sprinkle over garlic pangrattato to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the pangrattato!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate