



Baked Chorizo & Spinach Risotto

with Cherry Tomatoes & Parmesan Cheese

Grab your Meal Kit with this symbol



Mild Chorizo



Brown Onion



Garlic



Green Beans



Lemon



Thyme



Arborio Rice



Chicken Stock



Pot
Cherry Tomatoes



Shaved Parmesan
Cheese

Hands-on: **35-45 mins**
Ready in: **50-60 mins**

Naturally Gluten-Free
Not suitable for coeliacs

What happens when you cook chorizo with thyme and lemon zest, then use this as the base for risotto? We could tell you, but the best way to find out is to try it yourself! While you're at it, throw in some roasted cherry tomatoes for a sweet burst of flavour.

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	1 packet (250g)	2 packets (500g)
brown onion	1	2
garlic	2 cloves	4 cloves
green beans	100g	200g
lemon	½	1
thyme	1 bag	1 bag
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
chicken stock pot	1 packet (20g)	1 packet (40g)
cherry tomatoes	1 punnet	2 punnets
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3598kJ (860Cal)	726kJ (174Cal)
Protein (g)	40.3g	8.1g
Fat, total (g)	38.8g	7.8g
- saturated (g)	17.8g	3.6g
Carbohydrate (g)	83.6g	16.9g
- sugars (g)	11.9g	16.9g
Sodium (mg)	2301mg	464mg

The quantities provided above are averages only.

Allergens

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

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



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Roughly chop the **mild chorizo**. Finely chop the **brown onion** and **garlic**. Trim the **green beans** and slice into thirds. Zest the **lemon** to get a good pinch, then slice into wedges. Pick the **thyme** leaves.



Roast the cherry tomatoes

While the risotto is baking, halve the **cherry tomatoes**. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until blistered, **15-20 minutes**.



Start the risotto

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chorizo**, stirring, until golden and crisp, **3-4 minutes**. Add the **onion** and cook, stirring, until softened, **4 minutes**. Add the **garlic**, **lemon zest** and **thyme** and cook until fragrant, **1 minute**. Add the **arborio rice** and stir until well combined.



Finish the risotto

When the risotto is ready, remove from the oven. If needed, stir through a splash of **water** to loosen. Stir in the **shaved Parmesan cheese** and the **butter**. Gently fold in the roasted **cherry tomatoes**. Season to taste.



Bake the risotto

Add the **water** and **chicken stock pot** to the frying pan. Stir well and bring to the boil. Transfer the **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**. When the risotto has **10 minutes** remaining, stir through the **green beans** and return to the oven.

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



Serve up

Divide the baked chorizo and spinach risotto between bowls. Serve with the lemon wedges.

Enjoy!

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