HELLO FRESH

Baked Chorizo & Spinach Risotto
with Cherry Tomatoes & Parmesan

Brown Onion

Italian Herbs

Arborio Rice

Snacking Tomatoes

Baby Spinach Leaves

Mild Chorizo

Garlic Paste

Chicken Stock Pot

Shaved Parmesan Cheese

Chicken Breast

Pantry items

Olive Oil, Butter

Prep in: 35-45 mins
Ready in: 40-50 mins

Eat Me Early*
Custom Recipe only

What happens when you cook chorizo with fragrant herbs, garlic and onion, then use this concoction 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 that also works to cut through the lovely richness of the dish.

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

N4

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 paste	1 packet	2 packets
Italian herbs	1 medium sachet	1 large sachet
arborio rice	1 medium packet	1 large packet
*water**	2 cups	4 cups
chicken stock pot	1 packet	2 packets
snacking tomatoes	1 punnet	2 punnets
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
*butter**	20g	40g
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	1 large packet

***Pantry Items** ***Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3564kJ (852Cal)	754kJ (180Cal)
Protein (g)	39.7g	8.4g
Fat, total (g)	39.3g	8.3g
- saturated (g)	17.6g	3.7g
Carbohydrate (g)	83.8g	17.7g
- sugars (g)	9.7g	2.1g
Sodium (mg)	2472mg	523mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4324kJ (1033Cal)	678kJ (162Cal)
Protein (g)	72.9g	11.4g
Fat, total (g)	44.5g	7g
- saturated (g)	19.3g	3g
Carbohydrate (g)	83.8g	13.1g
- sugars (g)	9.7g	1.5g
Sodium (mg)	2560mg	402mg

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.

1 Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Roughly chop **mild chorizo**.
- Thinly slice **brown onion**.

Little cooks: *Don your goggles and have a go at peeling off the onion's outer layer!*

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

2 Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo**, stirring, until golden and crisp, **3-4 minutes**.
- Add **onion** and cook, stirring, until softened, **4 minutes**.
- Add **garlic paste** and **Italian herbs** and cook until fragrant, **1 minute**.
- Stir in **arborio rice** until well combined.

Custom Recipe: Before cooking chorizo, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl and continue as above.

3 Bake the risotto

- Add the **water** and **chicken stock pot** to the pan. Stir well, then bring to the boil.
- Transfer **risotto** to a baking dish. Cover tightly with foil.
- 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.*

4 Roast the cherry tomatoes

- Meanwhile, halve **snacking tomatoes**. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until blistered, **15-20 minutes**.

5 Finish the risotto

- When the risotto is ready, stir through a splash of **water** to loosen, if needed.
- Stir in **shaved Parmesan cheese**, the **butter** and **baby spinach leaves**.
- Gently fold in roasted **tomatoes**. Season to taste.

Custom Recipe: Stir cooked chicken through risotto along with the baby spinach.

6 Serve up

- Divide baked chorizo and spinach risotto between bowls to serve. Enjoy!