

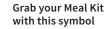
Baked Chorizo & Spinach Risotto

with Cherry Tomatoes & Parmesan

WINTER WARMERS

CUSTOMER FAVOURITE

KID FRIENDLY









Mild Chorizo





Italian Herbs

Garlic Paste



Chicken Stock

Arborio Rice



Snacking Tomatoes



Shaved Parmesan

Cheese



Baby Spinach Leaves





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

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 frying pan \cdot Medium or large baking dish \cdot Oven tray lined with baking paper

Ingredients

9			
	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 (20g)	2 packets (40g)	
snacking tomatoes	1 punnet	2 punnets	
shaved Parmesan	1 packet	1 packet	
cheese	(26g)	(52g)	
butter*	20g	40g	
baby spinach leaves	1 medium bag	1 large bag	
plant-based bacon bits**	1 packet (90g)	2 packets (180g)	
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^{*}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)	2497kJ (597Cal)	636kJ (152Cal)
Protein (g)	26.3g	6.7g
Fat, total (g)	16.9g	4.3g
- saturated (g)	8.5g	2.2g
Carbohydrate (g)	83.5g	21.3g
- sugars (g)	7.6g	1.9g
Sodium (mg)	1511mg	385mg

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.

We're here to help!

Scan here if you have any questions or concerns





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!



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: If you've swapped to plant-based bacon bits, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook plant-based bacon bits, tossing, until browned, 3-4 minutes. Transfer to a bowl and set aside. Add onion to pan and continue step.



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.



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.

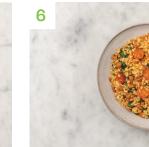
Little cooks: Help assemble the snacking tomatoes on the lined oven tray!



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 through cooked plant-based bacon along with shaved Parmesan cheese, the butter and baby spinach leaves.



Serve up

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



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate