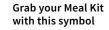


# One-Pan Chorizo Risoni Risotto

with Cherry Tomatoes, Spinach & Cheddar











Mild Chorizo







Zucchini









Thyme





Risoni



Chilli Flakes

Vegetable Stock



Cheese



**Baby Spinach** 

**Pantry items** Olive Oil

chilli flakes)

## 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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$ 

# Ingredients

| 2 People        | 4 People  |
|-----------------|---|
| refer to method | refer to method   |
| 1 packet        | 2 packets   |
| 1               | 2   |
| 1               | 2   |
| 1 punnet        | 2 punnets   |
| 2 cloves        | 4 cloves  |
| 1/2             | 1   |
| 1 bunch         | 1 bunch   |
| pinch           | pinch   |
| 1½ packets      | 3 packets   |
| 1¾ cups         | 3½ cups   |
| 1½ cube         | 3 cubes   |
| 1 medium packet | 1 large packet  |
| 1 bag<br>(60g)  | 1 bag<br>(120g)   |
|                 | refer to method 1 packet 1 1 1 punnet 2 cloves ½ 1 bunch pinch 1½ packets 1¾ cups 1½ cube 1 medium packet 1 bag |

<sup>\*</sup>Pantry Items

#### **Nutrition**

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3253kJ (777Cal) | 630kJ (150Cal) |
| Protein (g)      | 45.2g           | 8.7g           |
| Fat, total (g)   | 36.2g           | 7g             |
| - saturated (g)  | 15.5g           | 3g             |
| Carbohydrate (g) | 61.5g           | 11.9g          |
| - sugars (g)     | 12.3g           | 2.4g           |
| Sodium (mg)      | 2314mg          | 448mg          |

## **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

Roughly chop the **mild chorizo**. Finely chop the **brown onion**. Cut the **zucchini** into 1cm chunks. Cut the **cherry tomatoes** in half. Finely chop the **garlic**. Zest the **lemon** to get a pinch. Pick the **thyme** leaves.

**TIP:** Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the stems are very soft, you can just chop them instead.



#### Cook the chorizo & onion

Heat a small drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **chorizo** and cook, stirring, until golden, **5-6 minutes**. Add the **onion**, **zucchini** and **cherry tomatoes** and cook, stirring, until softened, **4 minutes**. Add the **garlic**, **thyme**, **lemon zest** and a pinch of **chilli flakes** (if using) and cook until fragrant, **1 minute**.



#### Cook the risoni

Add the **risoni** (see ingredients) to the pan and stir to combine. Add the **water** and crumbled **vegetable stock** (1 1/2 cubes for 2 people / 3 cubes for 4 people). Bring to the boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the risoni is 'al dente' and all the water has been absorbed, **15-18 minutes**.

TIP: Add a dash more water if your risoni looks dry. 'Al dente' pasta is cooked through but still slightly firm in the centre.



# Prep the lemon

While the risoni is cooking, slice the **lemon** into wedges.



# Add the cheese & veggies

When the **risoni** is ready and the liquid has been absorbed, stir through the **shredded Cheddar cheese** and **baby spinach leaves**. Cook until the **spinach** has wilted, **1-2 minutes**. Remove from the heat and season to taste.

**TIP:** If you can't fit the spinach in your pan at once, stir it through in batches!



## Serve up

Divide the chorizo, cherry tomato and spinach risoni risotto between bowls. Serve with the lemon wedges.

# Enjoy!