


# Garlic Prawns & Chorizo Risotto

with Thyme-Roasted Cherry Tomatoes

Grab your Meal Kit with this symbol 



Onion



Garlic



Mild Chorizo



Arborio Rice



Vegetable Stock Powder



Cherry/Snacking Tomatoes



Thyme



Lemon



Prawns



Chilli Flakes (Optional)



Grated Parmesan Cheese



Mixed Leaves



Parsley

### Recipe Update

The recent flooding on the East Coast of Australia has 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!

 Hands-on: **30-40 mins**  
 Ready in: **45-55 mins**

 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Eat Me First

 Spicy (optional chilli flakes)

We've taken a few of our favourite things – chorizo, garlic prawns and lightly charred cherry tomatoes – and turned them into a dish distantly related to paella. It's baked in the oven to give you time to pour a wine, put your feet up, and set the mood for a meal to remember.

### 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
onion	1	2
garlic	4 cloves	8 cloves
mild chorizo	1 packet (135g)	2 packets (270g)
butter*	20g	40g
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock powder	¾ large sachet	1½ large sachets
cherry/snacking tomatoes	1 punnet	2 punnets
thyme	1 bag	1 bag
lemon	½	1
prawns	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mixed leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3219kJ (769Cal)	593kJ (142Cal)
Protein (g)	41.4g	7.6g
Fat, total (g)	34.6g	6.4g
- saturated (g)	15.7g	2.9g
Carbohydrate (g)	81.7g	15.1g
- sugars (g)	7.6g	1.4g
Sodium (mg)	2593mg	478mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware **Allergens** may have changed.

## Fancy a drop?

We recommend pairing this meal with dry Riesling or Grüner Veltliner.



## Start the risotto

Preheat oven to **220°C/200°C fan-forced**. Finely chop **onion** and **garlic**. Roughly chop **mild chorizo**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **chorizo** until golden, **5 minutes**. Add the **butter** and 1/2 the **garlic** and cook until fragrant, **30 seconds**. Add **arborio rice**, stirring to coat. Add the **water** and **vegetable stock powder** (see ingredients). Bring to the boil, then remove pan from heat.



## Cook the prawns

When risotto has **5 minutes** remaining, zest **lemon** to get a pinch, then cut into wedges. Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Add a pinch of **chilli flakes** (if using) and remaining **garlic** and cook until fragrant, **30 seconds**. Remove pan from heat. Add a squeeze of **lemon juice**. Season, then toss **prawns** to coat.



## Bake the risotto

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.



## Finish the risotto

Stir **grated Parmesan cheese** through risotto, until melted. Add **mixed leaves** and **lemon zest**, stirring to combine. Add a squeeze of **lemon juice**, then season to taste. Gently fold in the roasted **cherry tomatoes**.

**TIP:** Stir through a splash of water if the risotto looks too thick.



## Roast the cherry tomatoes

While risotto is baking, halve the **cherry tomatoes**. Pick the **thyme leaves**. Place **tomatoes** and **thyme** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until fragrant and lightly charred, **20-25 minutes**.



## Serve up

Finely chop **parsley**. Divide chorizo risotto between bowls. Top with garlic prawns. Sprinkle with parsley. Serve with any remaining lemon wedges.

## Enjoy!

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