

Lemony Prawn Risotto

with Snow Peas

hellóchef

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

Cals 584 • Prot 40 • Carbs 93 • Fat 11

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🕒 cook: 40 min

R2715



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Risotto	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Red onion	1	1	2	Piece
Water	700	1050	1400	ML
Vegetable stock cube 15*	1	1	2	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Arborio rice	160	240	320	Grams
Garlic cloves	2	3	4	Piece
Snow peas	100	150	200	Grams
Parmesan 4*	30	45	60	Grams
Olive oil	1	1	2	Tbsp
Butter 4*	10	20	20	Grams
Salt	0.5	1	1	Tsp
Lemon	1	2	2	Piece

Allergens

***7 Crustaceans, *15 Celery, *4 Milk**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	2439 / 584
Fat (g)	11
of which saturates (g)	5.9
Carbohydrate (g)	93
of which sugars (g)	7.4
Fiber (g)	6.3
Protein (g)	39.6
Salt (g)	0.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **onion**. Boil the **measured water** and dissolve the **vegetable stock cube** in it.



2 Fry onion

Heat a non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 5-6 min or until softened.



3 Make risotto

Once softened, add the **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**. Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4 Prep garnishes

Meanwhile, peel and mince the **garlic**. Trim and slice the **snow peas**. Grate the **Parmesan**.

Tip! Leave half of the snow peas whole for that extra crunchy texture!



5 Fry

Heat a second non-stick pan over a medium-high heat with a drizzle of **olive oil** and the **butter**. Once hot, add the **snow peas** and cook for 2 min. Add the **prawns** and **garlic** with a pinch of **salt** and cook for 2-3 min further or until the **prawns** are pink and cooked through. Once cooked, remove the pan from the heat.



6 Finish risotto

Remove the **risotto** from the heat. Add the **Parmesan** and a squeeze of **lemon** to the **risotto** and mix well. Fold the buttery **prawns** and **snow peas** into the **risotto**. Divide among plates.

Tip! Zest the lemon before you juice it into the pan. Garnish the risotto with the lemon zest for a pop of flavour.