

# Prawn and Saffron Risotto

## with Green Peas

hellóchef

Inspired by paella, this comforting risotto is spiced with warming paprika and saffron.

Cals 602 • Prot 35 • Carbs 103 • Fat 11

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Before you start

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

Ingredients

Prawns <b>7*</b>	350	525	700	Grams
White onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Red pepper	1	1	2	Piece
Tomatoes	1	2	2	Piece
Water	700	1050	1400	ML
Vegetable stock cube <b>15*</b>	1	1	2	Piece
Saffron Splash	20	30	30	ML
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Arborio rice	160	240	320	Grams
Turmeric powder	2	2	2	Grams
Green peas	150	200	250	Grams
Butter <b>4*</b>	20	30	50	Grams
Smoked paprika powder	2	2	4	Grams
Fresh parsley	15	15	15	Grams
Black pepper	0.5	1	1	Tsp
Lemon	1	1	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)	2512 / 602
Fat (g)	11.1
of which saturates (g)	6.3
Carbohydrate (g)	103
of which sugars (g)	13.7
Fiber (g)	9.4
Protein (g)	35.4
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**. Peel and mince the **garlic**. Finely dice the **pepper**. Chop the **tomatoes**. Boil the **measured water** and dissolve the **stock cube** and **saffron** in it.



2 Sweat

Heat a large non-stick pan over a medium-low heat with a generous drizzle of **olive oil**. Once hot, add the **onion** and **pepper** with a pinch of **salt** and cook for 6-7 min or until softened.



3 Add rice

Once softened, add the **arborio rice**, a pinch of **turmeric** and the **garlic**. Cook for 1 min further, stirring to coat the grains in the **oil**. Increase the heat to medium.



4 Simmer

Add the **tomatoes** and 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20-25 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'. Once al dente, add the **peas** and cook for 3 min further.



5 Fry prawns

Meanwhile, pat the **prawns** dry. Heat a pan over a medium-high heat with the **butter**. Once hot, add the **prawns**. Sprinkle with the **salt** and **paprika powder**. Cook for 2 min until cooked through.



6 Serve

Finely chop the **parsley**. Add the **prawns** and any **butter** from the pan to the **risotto**. Season with **salt, pepper** and a generous squeeze of **lemon** juice. Divide among bowls and garnish with the **parsley**.