



# RISOTTO ROYALE

with King Prawns and Roast Sweet Potato Cubes



## HELLO SWEET POTATO

According to statistics, over 260 billion pounds of sweet potatoes are produced globally every year, making it one of the most important food crops in the world.



Onion



Garlic Clove



Sweet Potato



Flat Leaf Parsley



Vegetable Stock Powder



Tomato Puree



Arborio Rice



White Wine Vinegar



King Prawns



Italian Style Grated Hard Cheese

Hands on: **20** mins  
Total: **35** mins

**1.5** of your  
**5** a day

Family Box

The delicate flavour of prawns makes them the perfect partner for the sweet, caramel flavour of roasted sweet potato, and that's what makes this dish so special. Their harmonious flavours combined with garlic, tomato and parsley really makes this dish sing. For the perfect risotto consistency, stir in the stock gradually, allowing it to absorb into the rice first before adding more. This way you'll have a creamy risotto good enough to make any Italian jealous.

## BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Peeler**, **Measuring Jug**, **Baking Tray**, **Saucepan** and **Ladle**. Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Peel and chop the **sweet potato** into 2cm chunks. Roughly chop the **parsley** (stalks and all). Pour the **water** (see ingredient list for amount) into a pan and add the **vegetable stock powder**. Pop onto high heat and bring to the boil, then reduce the heat to low (you want to just keep it warm).



### 2 ROAST!

Pop the **sweet potato** onto a baking tray and drizzle with **oil**, a pinch of **salt** and **pepper**. Toss to coat, spread evenly in a single layer and roast on the top shelf of your oven until tender, 20-25 mins. Once cooked, remove from your oven and leave to the side.



### 3 START THE RISOTTO

Heat a drizzle of **oil** in a wide bottomed pan on medium heat. Once hot, add the **onion** and fry until softened, 5-7 mins. Stir occasionally. Once soft, stir in the **garlic** and **tomato puree** (and a splash more **oil** if it's a bit dry). Stir and cook for 1 minute. Add the **rice**, stir and cook for 1 minute until the edges are starting to look translucent. Add the **white wine vinegar** and allow it to evaporate for 30 seconds.



### 4 SIMMER

Stir in a ladle of **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should be 20-25 mins, your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle. **★ TIP:** You may not need all your stock or you may need a bit of extra water.



### 5 COOK THE PRAWNS

When the **risotto** has 5 mins left, stir in the **prawns** and simmer until they are cooked. **! IMPORTANT:** The prawns are cooked when **pink on the outside and opaque in the middle**. Once the **sweet potato** is cooked, stir that in as well. Remove from the heat and add the **hard Italian style cheese**, a knob of **butter** (if you have some) and **half the parsley**. Stir vigorously until the **cheese** and **butter** have melted.



### 6 FINISH AND SERVE

Serve the **risotto** in bowls with the remaining **parsley** sprinkled on top. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1½	2
Garlic Clove *	2	3	4
Sweet Potato *	1	1½	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Water*	750ml	1.125ltr	1.5ltr
Vegetable Stock Powder 10)	1 sachet	1 sachets	1 sachets
Tomato Puree	1 sachet	1 sachets	1 sachets
Arborio Rice	175g	260g	350g
White Wine Vinegar 14)	1 sachet	1 sachets	1 sachets
King Prawns 5) *	150g	250g	300g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 415G	PER 100G
Energy (kJ/kcal)	2502 / 598	604 / 144
Fat (g)	8	2
Sat. Fat (g)	4	1
Carbohydrate (g)	104	25
Sugars (g)	14	3
Protein (g)	29	7
Salt (g)	3.51	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

5) Crustaceans 7) Milk 8) Egg 10) Celery 14) Sulphites

**🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### 👍 THUMBS UP OR THUMBS DOWN?

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