



# Spicy Cajun Prawn Risotto with Lemony Crumb Topping

Calorie Smart 40 Minutes • Very Hot • 1 of your 5 a day • Under 600 Calories

27



Leek



Garlic Clove



Spring Onion



Lemon



Vegetable Stock Paste



Cajun Spice Mix



Risotto Rice



Panko Breadcrumbs



King Prawns



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Garlic Press, Measuring Jug, Saucepan, Ladle and Frying Pan.

## Ingredients

	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Lemon**	½	1	1
Water for the Stock*	750ml	1150ml	1500ml
Vegetable Stock Paste <b>10)</b>	20g	30g	40g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Panko Breadcrumbs <b>13)</b>	25g	25g	50g
King Prawns** <b>5)</b>	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>341g</b>	<b>100g</b>
Energy (kJ/kcal)	2378 /568	698 /167
Fat (g)	12	4
Sat. Fat (g)	5	1
Carbohydrate (g)	86	25
Sugars (g)	4	1
Protein (g)	29	8
Salt (g)	3.58	1.05

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

5) Crustaceans 7) Milk 8) Egg 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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## Get Prepped

Fill and boil your kettle. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.

Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Zest and halve the **lemon**.

Pour the **boiling water for the stock** (see ingredients for amount) into a saucepan on low heat. Stir in the **veg stock paste**. You'll add the **stock** to the **rice** later.



## Make the Crumb

Meanwhile, heat the **olive oil** (see ingredients for amount) in a frying pan on medium-high heat.

Add the **breadcrumbs** and season with **salt** and **pepper**. Toast until golden, 3-4 mins, stirring frequently.

Once golden, stir in the **lemon zest** and transfer to a bowl.



## Start Cooking

Heat a drizzle of **oil** in another large saucepan on medium-high heat.

Once hot, add the **leek** and season with **salt** and **pepper**. Cook the **leek** until softened, 4-6 mins, stirring occasionally.

Stir in the **garlic** and **Cajun spice mix** (add less if you don't like heat) and cook for 1 min, then stir in the **risotto rice** and cook until translucent around the edges, 1-2 mins.



## Cook the Prawns

Once the **risotto** has 5 mins left to cook, stir in the **prawns** and simmer for 4-5 mins. **IMPORTANT:** Wash your hands after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.

Remove from the heat and add the **hard Italian style cheese** and a knob of **butter** (if you have any). Stir vigorously until well combined, then squeeze in some **lemon juice**.



## Add the Stock

Stir in a ladle of your **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 the **stock**, letting it absorb each time.

The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



## Finish and Serve

Taste the **risotto** and add more **salt, pepper** and **lemon juice** if needed.

Spoon into bowls and top with the **lemony crumb** and **spring onion**.

## Enjoy!

Scan to get your exact PersonalPoints™ value



**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:**

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.