



# Tomato and Prawn Risotto

with rocket side salad

Family 40-45 mins • Eat me first

5



Prawns



Garlic



Lemon



Risotto Rice



Cherry Tomatoes



Basil



Onion



Tomato Paste



Rocket



Vegetable Stock



Balsamic Vinegar



Grated Cheddar



Pantry Items: Water, Salt, Pepper, Oil, Butter



## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Zester, Grater, Baking Sheet with Baking Paper, Ladle

## Ingredients

	2P	4P
Prawns	180 g	360 g
Garlic	1 unit	2 units
Lemon	1 unit	2 units
Risotto Rice	225 g	450 g
Cherry Tomatoes	125 g	250 g
Basil	10 g	20 g
Onion	1 unit	2 units
Tomato Paste	1 pack	2 packs
Rocket	40 g	80 g
Vegetable Stock	1 sachet	2 sachets
Balsamic Vinegar	1 sachet	2 sachets
Grated Cheddar	50 g	100 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	448.5 g	100 g
Energy (kJ/kcal)	2759.8 kJ/ 659.6 kcal	615.3 kJ/ 147.1 kcal
Fat (g)	11.4 g	2.5 g
Sat. Fat (g)	6.2 g	1.4 g
Carbohydrate (g)	106.4 g	23.7 g
Sugars (g)	9.1 g	2 g
Protein (g)	33.7 g	7.5 g
Salt (g)	2.4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



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## Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Boil 1L **water** (double for 4p) in a medium pot on high heat. When boiling, mix in the **stock** and reduce heat to lowest setting.
- Zest the **lemon**, cut half into wedges and squeeze the rest. Peel and grate the **garlic** (or use a garlic press).
- Mix **prawns** in a bowl with 1 tbsp **oil** (double for 4p), half the **garlic** and half the **lemon** zest.  
**IMPORTANT:** Wash your hands and equipment after handling raw prawns.



## Cook the Veg

- On a lined baking tray, mix the **cherry tomatoes** with a drizzle of **oil** and **balsamic vinegar**. Season with **salt** and **pepper**.
- Add the marinated **prawns** and bake in the oven for 10-15 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.
- Meanwhile, in a bowl, toss the **salad leaves** with a drizzle of **oil** and **lemon** juice. Season to taste with **salt** and **pepper**.



## Start the Risotto

- Halve, peel and chop the **onion** into small pieces. Roughly tear the **basil** leaves.
- Heat 1 tbsp **butter** (double for 4p) in a large pan over medium heat.
- Fry **onion** and remaining **garlic** for 1-2 mins.
- Add the **risotto rice** and fry for 1-2 mins. Add the **tomato paste** and mix well.



## Add Everything In

- Add the **cherry tomatoes**, **prawns** (including any liquid), **cheese**, remaining **lemon** zest and half the **basil** to the risotto.
- Stir well.



## Stir in the Stock

- Stir in a ladle of your **stock**. When it has been absorbed by the **rice**, stir in another ladle.
- Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should be 25-30 mins. Your risotto is done when the **rice** is al dente—cooked through but with a tiny bit of firmness left in the middle.
- Add additional **water** if the risotto becomes too dry.



## Garnish and Serve

- Divide the risotto between your plates.
- Serve the **salad** on the side and garnish with the rest of the **basil** and **lemon** wedges.

## Enjoy!