

Pea and Prawn Risotto

INGREDIENTS

Serves 6

- 🍴 2 tsp olive oil
- 🍴 1 onion, finely chopped
- 🍴 2 garlic cloves, sliced
- 🍴 1.4L hot veg stock
- 🍴 500g risotto rice
- 🍴 400g frozen peas
- 🍴 200g raw king prawns
- 🍴 200g Parmesan, grated
- 🍴 1 tbsp parsley, finely chopped
- 🍴 Salt and pepper

METHOD

1. You will need two pans. One large for the risotto and a smaller one to keep the stock hot. Put the stock in the smaller pan, bring to a boil and keep simmering
2. Put the olive oil, onion and garlic in the large pan over a medium heat and cook for about 7 minutes till soft and lightly golden
3. Add the rice to the pan and mix well, making sure all the rice is coated
4. Add the hot stock to the rice one ladle at a time, making sure all the liquid is absorbed before adding the next. Don't forget to stir throughout!
5. When about to add the last ladleful of stock, add the peas and prawns. Stir well. Cook for 2-3 minutes till the prawns turn pink
6. Stir in the Parmesan and parsley, season and serve immediately

This is also delicious without prawns too and my husband, who doesn't eat prawns, loves it. Recipe is exactly the same, just leave out the prawns and if you want add more peas.