



Buttery Prawn Risotto

Ingredients

2 rounded tbsp butter
 400g raw peeled prawns,
 tails on
 salt and pepper
 200g brown onion, finely
 diced
 6 cloves fresh garlic, finely
 chopped
 1 tbsp olive oil
 250g raw risotto rice
 500ml vegetable broth, hot
 2 flat tsp dried dill
 1 tsp onion powder
 1 tsp garlic powder
 1 cup green peas
 2 tbsp fresh lemon juice
 Parmesan cheese, grated
 4 lemon wedges



Prep time 15 min.
 Cooking time 40 min.
 Serves 4.

Method

1. Heat 2 tbsp of butter in a non-stick frying pan.
2. Sauté prawns on a moderate heat until slightly golden on the outside and almost cooked on the inside.
3. Season with salt and pepper.
4. Set aside in a bowl.
5. Use the butter in the pan and gently sauté onion and garlic until clear and tender.
6. Add 1 tbsp of oil and fry the rice for a minute or so until it becomes translucent.
7. Add $\frac{1}{4}$ of the broth into the pan then simmer until the broth reduces.
8. Add dill, onion powder and garlic powder, adding half cups of broth as the rice soaks it up. Simmer constantly.
9. Once the rice is almost tender, add the prawns, peas and lemon juice.
10. Continue to simmer, adding broth until the rice is fully tender and the liquid has almost evaporated.
11. Use a small amount of boiling water as needed if the broth runs out before the rice is cooked.
12. Season with salt and pepper, sprinkle with parmesan. Serve with a wedge of lemon.