

Prawn risotto



2.4% FAT 340 CALORIES SALT BALANCED

prep 10 mins **cook** 25mins **serves** 2

200ml (7fl oz) hot vegetable or fish stock
100ml (3 1/2 fl oz) hot water
100ml (3 1/2 fl oz) white wine
1 x 5ml sp (1tsp) butter
2 shallots, finely chopped
1 stick celery, finely chopped
100g (3 1/2 oz) arborio or other risotto rice
freshly ground black pepper, to taste
150g (5 1/2 oz) frozen prawns, defrosted
4 x 5ml sp (4tsp) chopped fresh parsley
1 x 15ml sp (1tbsp) half fat crème fraiche
dash of lemon juice
1 x 5ml sp (1tsp) fresh Parmesan shavings, to serve

1. Heat the butter in a medium non-stick frying pan over a medium heat. When the butter is hot, add the shallots and celery, and cook, stirring continuously for 3-4 minutes until soft.
2. Add the rice and seasoning to the frying pan and stir well to coat the rice. Mix the stock and the water. Add just enough of the stock and water mixture to cover the rice and continue to cook, stirring frequently, until it is almost completely absorbed. Continue adding the stock and water in this way until it is almost completely absorbed. Add the wine and continue cooking until that is absorbed.
3. Stir the prawns and half the parsley into the risotto and heat through.
4. Add the crème fraiche and lemon juice, stir and serve immediately with the cheese and the remaining parsley sprinkled over. Accompany with a large mixed side salad with an oil-free French dressing.

COOK'S TIP

· Instead of the prawns you could use the same quantity of mixed seafood-crabmeat, mussels, squid etc. If using fresh uncooked prawns, add them for the last 3 minutes of cooking.