



Product Spotlight: Catalano's Seafood


This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.

CATALANO'S
SEAFOOD

Garlic Prawns with Risotto Milanese

Australian prawns cooked in garlic and fresh red chilli, served over a luscious risotto Milanese with pan-fried green vegetables!

 30 minutes

 2 servings

 Fish

Herb it up!

Add extra chopped fresh herbs such as dill or oregano to serve. You could also serve with dressed rocket or mesclun leaves as a side salad.

Per serve: **PROTEIN** 29g **TOTAL FAT** 4g **CARBOHYDRATES** 59g

FROM YOUR BOX

BROWN ONION	1
SAFFRON	1 packet
ARBORIO RICE	150g
ZUCCHINI	1
GARLIC CLOVES	2
PARSLEY	1 packet
RED CHILLI	1
PRAWNS	1 packet
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans

NOTES

Substitute oil with butter, and use stock instead of water for extra flavour if you have it.

Use 1/2 packet of saffron if you prefer a less intense saffron flavour.

Remove seeds from the chilli for a milder heat.

Prawns are cooked when they lose their translucency and turn opaque.



Scan the QR code to submit a Google review!



1. COOK THE AROMATICS

Heat a large frypan with **2 tbsp oil** (see notes) over medium-high heat. Dice **onion** and sauté for 3-4 minutes. Add **saffron** and **rice**. Cook for 2 minutes.



2. SIMMER THE RISOTTO

Add **1 1/2 cups water** to the rice, stirring until nearly absorbed. Continue adding **water** in cupfuls, allowing it to absorb after each addition. Cook until the **rice** is tender (we used **3 cups water**).



3. COOK THE VEGETABLES

Heat a second frypan over medium-high heat with oil. Slice **zucchini** (use to taste), add to pan and cook for 3-4 minutes each side. Remove from pan and keep pan over heat.



4. COOK THE PRAWNS

Crush **garlic**, chop **parsley** and slice **red chilli** (see notes).

Increase heat to high. Add **garlic, parsley and chilli** to pan with **3 tbsp oil** and **prawns**. Cook for 1-2 minutes, turning halfway.



5. FINISH AND SERVE

Cut **lemon** into wedges.

Divide **risotto** among bowls. Top with **zucchini, garlic prawns** and serve with **lemon wedges**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

