



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.



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



4 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** 15g **TOTAL FAT** 1g **CARBOHYDRATES** 73g

FROM YOUR BOX

BROWN ONION	1
SAFFRON	1 packet
ARBORIO RICE	300g
ZUCCHINI	1
GARLIC CLOVES	2
PARSLEY	1 packet
RED CHILLI	1
PRAWNS	1 packet
GREEN BEANS	250g
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans

NOTES

Substitute oil with butter for a richer flavour.

Remove seeds from chilli for a milder heat.

Prawns are cooked when they have lost their translucency.



1. COOK THE AROMATICS

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



2. SIMMER THE RISOTTO

Add **2 cups water** to rice, stirring until water is nearly absorbed. Add water, in cupfuls, to the rice, allowing it to absorb after each addition. Cook until rice is tender (we used **5 1/2 cups water**).



3. COOK THE VEGETABLES

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



4. COOK THE PRAWNS

Increase heat to high. Crush garlic, finely chop parsley (including tender stems) and slice red chilli (see notes). Add to pan along with **3 tbsp oil** and prawns. Cook prawns for 30 seconds - 1 minute on each side.



5. TOSS THE VEGETABLES

Trim and halve green beans. Add to prawns and cook for 1 minutes. Add lemon zest (wedge remaining lemon) and zucchini. Toss to combine.



5. FINISH AND SERVE

Divide risotto among bowls. Top with vegetables, garlic prawns and lemon wedges.



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