



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



4/6 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** 58g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
SAFFRON	1 packet	2 packets
ARBORIO RICE	300g	300g + 150g
ZUCCHINI	1	1
GARLIC CLOVES	2	3
PARSLEY	1 packet	2 packets
RED CHILLI	1	1
PRAWNS	2 packets	3 packets
GREEN BEANS	250g	250g
LEMON	1	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.

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

We wanted to keep the green beans crisp in this dish, but you can remove the prawns and cook the beans longer if you prefer.



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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 threads** and **rice**. Cook for 2 minutes.

6P - use **1 1/2 - 2 packets of saffron** depending on your preference.



2. SIMMER THE RISOTTO

Add **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 **5 1/2 cups water**).

6P - add **2 1/2 cups water** to rice. We used **8 1/2 cups water** in total.



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

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.

6P - cook prawns in batches.



5. TOSS THE VEGETABLES

Trim and halve the **green beans**. Add to pan and cook for **1 minute** (see notes). Add **lemon zest** and **zucchini**. Toss to combine.



5. FINISH AND SERVE

Cut **remaining lemon** into wedges.

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

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