

PRAWN RISOTTO

Source: Family

Serves 4



- Olive oil – 4 TBSP
 - Onion, chopped – 1
 - Brown rice (quick cook) – 250g
 - Water – 600ml
 - Salt and pepper
 - Red pepper, cored, peeled and chopped–1
 - Garlic, crushed – 1 clove
 - Flaked almonds – 50g
 - Frozen peeled prawns – 350g
 - Parsley, chopped – 1 TBSP
- 1.** Heat half the oil and fry onions on medium heat till soft.
 - 2.** Add rice and cook for 2 minutes, stirring continuously.
 - 3.** Add water with 1 tsp salt and bring to boil.
 - 4.** Simmer 40-45 minutes, adding more water if necessary.
 - 5.** Heat the rest of the oil in a pan; add peppers and fry for 3 minutes.
 - 6.** Add the garlic, almonds and prawns, fry further for 2 min or until the almonds are browned and all your prawns heated through.
 - 7.** Add the cooked rice, stir through and season to taste.

To Serve

Transfer to a warm dish and sprinkle with parsley