



Fennel & Prawn Risotto

This risotto does not need stirred, just put the lid on the pan and let it do its thing.

- 200g uncooked king prawns, shelled
- 1 bulb fennel – finely sliced, keep the tops for garnish
- 1 medium onion - sliced
- ½ mugful risotto rice (150g)
- 100ml white wine
- 200ml stock – fish, chicken or vegetable
- Zest & juice of ½ to 1 lemon
- 2 tbsp parsley
- 1 tbsp oil



1. Heat the oil in a pan and fry the onion and fennel until soft.
2. Add the rice, stir to heat through and coat with oil.
3. Add the wine, bubble and reduce, then add the stock. Bring back to the boil, cover and turn down to a simmer. Cook for 15 min.
4. Add the lemon zest, juice & prawns. Season with pepper.
5. Cook for a further 5 min, add more stock or water if the risotto is dry.
6. Finish with chopped parsley and fennel tops if you have them.

Hints, Tips and Variations

Wheat, gluten & dairy free

Reheat in a microwave.

Use a 2 sticks of celery, finely chopped instead of fennel.

Omit the wine and use extra stock if necessary.