

Lemony Prawn and Pea Risotto



Tip 1: Substitute large wild-caught shrimp if prawns are not available.

Tip 2: Do not rinse the Arborio rice before cooking. The extra starch is needed to create the signature creamy texture of this dish.

Tip 3: To incorporate even more flavor into each bite, roughly chop half the prawns and stir into the risotto in Step 9. Then, divide the remaining whole prawns to top off each serving.

Ingredients:

5 c. fish or chicken stock, divided
1 lbs. large prawns (or shrimp), peeled, deveined, and tails-on
¼ c. extra virgin olive oil, divided
1 small yellow onion, finely diced
1 large stalk celery, finely diced
2 garlic cloves, minced
Sea salt and black pepper, to taste
1½ c. Arborio rice
½ c. dry white wine
1 c. frozen peas
3 T. fresh parsley, chopped
2 t. fresh lemon zest, preferably organic
1 T. fresh lemon juice
¼ c. Parmesan cheese, freshly grated (optional)
2 large organic lemons, quartered

Directions:

1. Place the top oven rack in the center position and pre-heat the oven to 400°F. Line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat. Set aside.

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Prep time: 15 minutes
Cook time: 35-40 minutes
Serves: 4-6

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Directions:

2. Add the fish or chicken stock to a large saucepan and bring it to a light simmer over medium heat.
3. Add the prawns to a large bowl and drizzle with two tablespoons olive oil. Season with salt and black pepper, to taste, and toss to combine. Spread shrimp into an even layer on the prepared baking sheet. Set aside.
4. In a separate large skillet, heat the remaining olive oil over medium heat. Add the onion, celery, and garlic. Season salt and black pepper, to taste, and stir to combine. Cook, stirring occasionally, until the onion becomes soft and translucent, approximately 4-5 minutes.
5. Add the Arborio rice to the skillet and lightly toast, stirring continually, for approximately 1-2 minutes. Pour in the wine and stir continually until the wine is almost fully absorbed, approximately 2-3 minutes.
6. Add one half cup of the warm fish or chicken stock the skillet and stir constantly until it is absorbed into the rice, approximately 2-3 minutes. Repeat with the remaining stock, stirring continually until the excess liquid is absorbed and the rice is cooked through, approximately 25-30 minutes total.
7. Add the peas to the risotto in the last 5 minutes of cooking and stir to combine. Season with additional salt and black pepper, if desired.
8. Once the peas are added to the risotto, place the prepared prawns into the pre-heated oven and roast for 5-6 minutes, or until they are opaque. Do not overcook. Remove from oven and set aside.
9. When the peas are heated through, stir the fresh parsley, lemon zest, lemon juice, and grated cheese (if using) into the risotto until thoroughly combined. Serve immediately topped with the roasted prawns and fresh lemon wedges on the side. Enjoy!