



Lemony prawn & pea risotto

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



703 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g shrimp raw frozen
- ☐ 3 tbsp olive oil
- ☐ 1 to 5 chillies red deseeded sliced finely chopped
- ☐ 1.5 l fish stock
- ☐ 50 g butter
- ☐ 1 onion chopped
- ☐ 300 g arborio rice (we used arborio)
- ☐ 1 small glass wine

- ☐ 200 g peas frozen
- ☐ 1 lemon zest

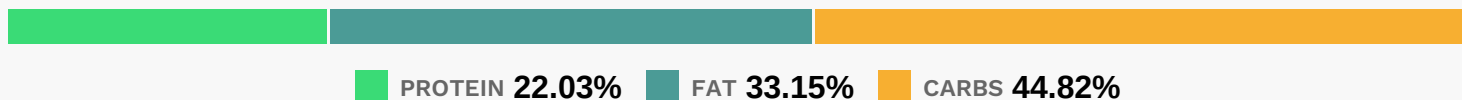
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Peel the prawns, keeping the heads and shells.
- ☐ Heat 1 tbsp olive oil in a large saucepan and fry the prawn shells and heads with the sliced chilli until they have toasted and changed colour.
- ☐ Pour in the stock and bring to the boil, then turn down to a simmer.
- ☐ Bring the stock to the boil and keep on a low simmer. In a separate pan, melt half the butter over a medium heat. Stir in the onions and sweat gently for 8–10 mins until soft but not coloured, stirring occasionally. Stir the rice into the onions until completely coated in the butter, then stir continuously until the rice is shiny and the edges of the grain start to look transparent.
- ☐ Pour in the wine and simmer until totally evaporated.
- ☐ Add the stock, a ladleful at a time, stirring with each addition until absorbed. Stir through the prawns and peas. Continue adding stock a ladleful at a time and stirring the rice over a low heat for 25–30 mins, until the rice is cooked al dente (with a slightly firm, starchy bite in the middle). The risotto should be creamy and slightly soupy. When you draw a wooden spoon through it, there should be a wake that holds for a few moments but not longer. Cook until the prawns change colour. Stir through the chopped chilli, lemon juice and remaining olive oil.
- ☐ Let the risotto rest for a few mins, then serve, topped with the lemon zest.

Nutrition Facts



Properties

Glycemic Index:65.83, Glycemic Load:50.05, Inflammation Score:-9, Nutrition Score:26.702608689018%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 702.91kcal (35.15%), Fat: 24.14g (37.14%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 73.45g (24.48%), Net Carbohydrates: 67.71g (24.62%), Sugar: 5.58g (6.2%), Cholesterol: 187.88mg (62.63%), Sodium: 1437.85mg (62.52%), Alcohol: 6.08g (100%), Alcohol %: 1.05% (100%), Protein: 36.1g (72.21%), Folate: 230.19µg (57.55%), Manganese: 1.14mg (57.06%), Vitamin C: 40.14mg (48.65%), Vitamin B3: 9.68mg (48.38%), Phosphorus: 481.89mg (48.19%), Copper: 0.86mg (43.14%), Vitamin B1: 0.58mg (38.8%), Iron: 5.65mg (31.37%), Potassium: 899.37mg (25.7%), Fiber: 5.75g (22.98%), Zinc: 3.33mg (22.22%), Selenium: 15.32µg (21.89%), Calcium: 213.1mg (21.31%), Vitamin K: 22.29µg (21.23%), Magnesium: 84.33mg (21.08%), Vitamin B6: 0.37mg (18.69%), Vitamin E: 2.53mg (16.89%), Vitamin A: 818.74IU (16.37%), Vitamin B2: 0.25mg (14.67%), Vitamin B5: 1.12mg (11.19%), Vitamin B12: 0.41µg (6.8%)