

Prawn Risotto

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-prawn-recipe>

Ingredients:

- 200 grams arborio rice alternatively use medium or short grained rice to achieve the rich and creamy texture
- 2 tablespoons olive oil
- 30 grams butter extra 20g butter - optional
- 2 cloves garlic minced, extra minced garlic for prawns
- 1 onion chopped
- 5 rindless bacon rashers, sliced, can be substituted with Spam or Chorizo
- 400 grams prawns shelled
- 4 button mushrooms diced
- 1/2 carrot diced
- 1/4 cup green peas
- 1/2 cup white wine
- 2 cups chicken stock seasoned with salt and pepper or more if necessary
- 1/3 cup grated Parmesan cheese
- chopped parsley or coriander
- black pepper

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 140 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 8 grams
8. Sodium: 500 milligrams
9. Sugar: 5 grams

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