

Quinoa Prawn Risotto

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 brown onion large, diced
- 2 bacon large rashers, diced
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic crushed
- 1 1/2 cups white quinoa rinsed thoroughly
- 4 1/2 cups chicken broth or stock
- 1 teaspoon Italian herbs dried mixed
- 250 grams cherry tomatoes halved
- 1/2 prawns kilo green, heads removed, peeled, leaving the tails on *
- 3/4 cup peas either fresh or frozen
- salt
- pepper
- 1/2 cup chopped parsley
- 1 lemon cut into wedges.

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Fiber: 9 grams
6. Protein: 18 grams
7. SaturatedFat: 2 grams
8. Sodium: 320 milligrams
9. Sugar: 5 grams

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