

OVERALL time: 45 mins

Tomato & Prawn Risotto

Creamy, comforting and full of flavour, this Tomato and Prawn Risotto is a coastal twist on an Italian classic. Juicy prawns, sweet cherry tomatoes and rich stock come together in a one-pot dish that's both elegant and easy enough for a weeknight. Whether you're cooking for guests or treating yourself, this risotto is sure to impress.

Metric

Number of servings : 8

ingredients

Main

- 30 ml Butter
- 30 ml Olive Oil
- 1 Medium onion, finely diced
- 4 Cloves of garlic, finely minced
- To taste **Cape Herb and Spice Chilli Crunch**
- 400 g Arborio rice
- 125 ml Dry white wine
- 1 Tin of chipped tomatoes, blended
- 40 g Parmesan
- 1 l Chicken Stock
- 15 ml Butter
- 400 g Prawn, shells off & deveined, tail on for presentation if desired

For serving

- Fresh Parsley
- Parmesan

For cooking

- Olive oil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 30 mins

Place serving plates or bowls in a very low oven to keep warm.

Beautifully cooked risotto should always be plated onto warmed plates to prevent it from cooling down rapidly and staying nice and fluid.

Heat butter and olive oil in a large sauté pan.

Add the onion and season well with **Cape Herb & Spice Chilli Crunch**.

Sauté until tender.

Add the garlic and cook for a minute until fragrant.

Add rice and stir, coating it in the oil and butter and letting it lightly toast for a minute.

Pour in the white wine.

Stir and simmer until absorbed.

Pour in the blended tomato and stir through.

Slowly add a ladleful of hot stock, stirring frequently.

Keep adding the stock one ladleful at a time, allowing it to be absorbed before adding more.

Stir frequently until rice is creamy and tender, but retains a little bite.

Switch off the heat.

Stir in the parmesan and butter.

Cover with a lid.

Toss the prawns in a bowl with a drizzle of olive oil and a good dash of Cape Herb & Spice Chilli Crunch.

Heat a frying pan on high heat and add the prawns.

Cook for about 1 minute per side, depending on their size, until just pink and cooked through.

Top the risotto with the freshly cooked prawns and serve straight out of the dish on the table.

Scoop into warm bowls and top with a little extra parmesan and some fresh parsley.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

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