

# Artichoke & Chilli Prawns Risotto



R & J Mazza  
GLOBE  
ARTICHOKES

## Ingredients

4 cups salt-reduced chicken stock,  
3 tablespoons extra light olive oil,  
1 brown onion, chopped  
2 cloves garlic, finely chopped,  
2 red chillies, chopped,  
2 cups Arborio rice,  
1/3 cup dry white wine,  
200g artichoke hearts, sliced,  
500g raw prawns,  
Juice & zest of 1 lemon,  
½ cup parmesan cheese, grated,  
Salt and cracked pepper, to taste  
¼ cup parsley



## Method

1. Heat chicken stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat oil in a pan on medium heat; add onion and sauté until soft. Add garlic and chilli and sauté until cooked.
3. Add rice and coat well in oil mixture until rice is hot. Add wine and mix well. Add enough chicken stock to slightly cover rice in the liquid and bring to the boil.
4. Once the mixture reaches boiling point, lower heat and simmer gently. Continue adding stock as needed once absorbed by the rice. Keep stirring so rice does not stick to base of the pan.
5. When mixture is creamy and rice is cooked but firm, add prawns, artichoke hearts, lemon juice and lemon zest. Add extra stock if necessary. Simmer until prawns are cooked.
6. Add parmesan cheese and season with salt and cracked pepper. Stir well.
7. Remove from heat and add parsley.

**Serves 6**

