



CHLOË BOWLER
complete wellbeing

PRAWN & ASPARAGUS RISOTTO



Ingredients (Serves 2):

- 1 onion
- 2 cloves of garlic
- 150g Arborio Rice
- 500ml Vegetable Stock
- 200g Raw King Prawns
- 1 Chopped Bunch of Asparagus
- 1 glass of white wine

Method:

1. Start by softening the chopped onion & garlic in olive oil.
2. Add the rice, and stir in the white wine.
3. Slowly add the stock little by little while stirring. This should take about 30 minutes for the rice to absorb the stock.
4. Chop the asparagus and place on top of the rice. Pop a lid on the pan so the asparagus steams. Ensure there is enough liquid in the pan.
5. In a separate pan, sauté the prawns then add to the risotto.
6. Finish with plenty of black pepper and grated parmesan.

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