



**CHLOË BOWLER**  
complete wellbeing

### **SEAFOOD RISOTTO**



#### **Ingredients**

- Knob of Butter
- 200g king prawns
- 100g squid
- 2 cups risotto rice
- 1 Onion
- 500ml vegetable stock
- 250ml white wine
- Bunch of fine asparagus
- 8 cherry tomatoes
- Fresh rocket
- Parmesan

#### **Instructions**

1. Melt the butter in pan, and soften the chopped onion.
2. Add the risotto, and a glass of white wine, and boil off. Steadily add the vegetable stock, until risotto softens.
3. Separately fry the squid and prawns in a little olive oil.
4. When the risotto rice is soft, add the chopped asparagus, cherry tomatoes, prawns and squid.
5. Stir in some fresh rocket, and serve with a fine grating of parmesan.

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