

First Ray Recipes

Garlic Prawns with Primavera Risotto, Tomato and Artichoke

Preparation Time: 15 minutes

Cooking Time: 55 minutes

Serves: 4

Ingredients:

1 tbs chicken-style stock powder
1.5L (6 cups) water
500g **Organico Primavera Risotto**
2 tbs **Raw Kalamata Olive Oil**
3 cloves of **Organico Kickin' Garlic**
500g green prawns, peeled leaving tails intact, deveined
1 jar of **Organico Artichoke Hearts**, drained
100g of **Organico Semi-dried Tomatoes**
3 tsp finely grated lemon rind
80ml (1/3 cup) fresh lemon juice
1 cup chopped fresh basil

Method:

1. Combine the stock powder and water in a saucepan. Bring to the boil over high heat. Add Organico Primavera Risotto and cook following packet directions for 10 minutes or until cooked. Drain and return to the pan.
2. Meanwhile, heat the Raw Kalamata Olive Oil in a large frying pan over medium heat. Add the Organico Kickin' Garlic and cook, stirring, for 1 minute or until aromatic. Add the prawns and cook for 2-3 minutes each side or until the prawns curl and change colour. Season with salt and pepper.
3. Add the prawns, Organico Artichoke Hearts, Organico Semi-dried Tomatoes, lemon rind, lemon juice and basil to the risotto and gently toss until just combined. Divide among serving bowls and serve immediately.