



RECIPE

Asparagus Lemon & Mint Risotto with Prawns

Category Starter
Recipe Details serves 12

Method

- 1 Place onion, celery, garlic, olive oil, white wine and a good pinch of salt and pepper into a very large shallow ceramic dish. Place into your CombiSteam and select RegeatOMatic – Crispy. Remove at the end of the automatic cooking time.*
- 2 Add the rice to the onion mixture and stir to combine. Spread into an even layer. Add the stock.
- 3 Place the dish into the CombiSteam. Select Steam and set the temperature to 100°C. Cook for 35 minutes.
- 4 Meanwhile toss the prawns with lemon zest and a pinch of salt and pepper. Place the prawns onto a stainless steel steamer tray lined with baking paper.
- 5 Trim the very ends from the asparagus spears. Lay them onto a third tray. Drizzle with a little olive oil and season with salt and pepper.
- 6 Remove the risotto from the CombiSteam at the end of the cooking time and reduce the temperature to 80°C. Add the prawns and the asparagus to the oven. Cook for 5 minutes or until asparagus is just tender and prawns have turned opaque pink. Remove from the oven.
- 7 While the prawns and asparagus are cooking stir the mint, butter, parmesan and 1 tbs lemon juice through the risotto gently. Don't overdo it. Divide between 12 entree plates or bowl.
- 8 Top each with 2-3 spears of asparagus and 3 prawns. Serve immediately, drizzled with some extra virgin olive oil if desired.

Ingredients

- 1 large brown onion (finely diced)
- 2 celery sticks (finely diced)
- 1-2 cloves garlic (crushed)
- 1 tbs extra virgin olive oil
- ¼ cup dry white wine
- salt & pepper
- 500g arborio rice
- 1.25 litre vegetable stock
- 3-4 bunches asparagus spears
- 12 leaves fresh mint (finely chopped)
- 1 lemon (zested & juiced)
- 36 Australian prawn cutlets
- 50g butter (chopped)
- 2 tbs grated Parmagiano Regiano

Cooking Instructions – RegeatOMatic & Steam

Notes:

*Step one can be completed up to 2 days in advance and onion mixture can be refrigerated in an airtight container then place back into the large shallow dish to continue cooking on the day.