



Scampi Risotto

Awesome scampi risotto made with Alpro Soya Cuisine; yes please!

Preparation

1. Wash the prawns and pat dry. In a pan, bring the stock to the boil and keep warm.
2. Heat 1 tbsp olive oil or spread in a heavy pan and fry the celery, shallots and 1 of the garlic cloves until translucent. Add the risotto rice and let it fry, whilst stirring, until translucent.
3. Deglaze with the white wine by adding it to the rice and stirring until all of the wine has evaporated.
4. Keeping the stock warm, add a ladle of stock to the rice with the lemon juice and stir until most of it has been absorbed before adding the next ladle of stock. Continue adding a ladle of stock at a time and stirring until most of it is absorbed by the rice. With the last ladle of stock, add the spinach. Continue cooking until most of the stock has been absorbed and the rice is creamy and al dente. This should take around 15-20 minutes.
5. Cover with a lid and keep warm until ready to serve.
6. In the meantime, heat up 1 tbsp of oil or polyunsaturated spread in a frying pan and add the boiled prawns and the other crushed garlic clove and heat for 2-3 minutes until the prawns are nice and pink and cooked through. Stir in the lemon zest and the Alpro Soya Cuisine and heat through. Add to the risotto with a pinch of salt and some ground pepper.
7. Serve the risotto with the herb salad.



4 portions



30min



Ingredients

- 300g small prawns
- 1L vegetable stock
- 2 tbsp olive oil or polyunsaturated spread
- 2 celery stalks, finely sliced
- 1 shallot, finely chopped
- 2 cloves garlic, crushed
- 300g risotto rice
- 100ml white wine (optional)
- Juice and finely chopped zest of ½ lemon
- 200g baby spinach, coarsely chopped
- 125ml Alpro Soya Cuisine
- Freshly ground pepper and a pinch salt
- 80g herb salad (mix of rocket, dill, parsley, chervil and watercress)

Made with

Soya Cuisine Single UHT

