

Miele

Prawn and fennel risotto

By Miele

10 minutes

Preparation Time

25 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

1 small brown onion, finely chopped
2 garlic cloves, thinly sliced
½ fennel bulb, core removed, finely chopped, reserve fennel fronds
40 g butter
200 g (1 cup) Arborio rice
500 ml (2 cups) fish or vegetable stock
60 ml (¼ cup) verjuice
250 g green prawn meat, roughly chopped
120 g (1 cup) peas, fresh or frozen
1 tbsp cream
2 tbsp parsley, finely chopped
2 tbsp dill, finely chopped
Salt flakes and pepper, to taste
Pea tendrils and halved baby pea pods, to garnish (optional)

Miele Accessories

Steam containers

METHOD

1. Place the onion, garlic, fennel and butter into an unperforated steam container and Steam at 100°C for 3 minutes.
2. Add the rice, stock and verjuice and Steam at 100°C for 15 minutes. Add the prawns and peas to the risotto and cook for a further 3 minutes.
3. Stir through the cream and herbs, season to taste. Cover with foil or a lid and allow to stand for 3 minutes before serving.
4. Garnish with pea tendrils, reserved fennel fronds and baby pea pods, if desired.

Alternative appliance method

Steam oven with Microwave

- Using the Rapid Steam function on the Steam Microwave will reduce the cooking time for the rice. Steam at 300W +100°C for 11 minutes.

Hints and tips

- Our steam ovens have a great feature called “Menu cooking” under Special applications. Choose the ingredients from the options and the oven will prompt when the foods should be added.
- Char some prawns on the cooktop to add a little extra colour to the final dish.