

# Fennel, lemon & prawn risotto with rocket



## Fennel, lemon & prawn risotto with rocket

**Preparation:** about 20 minutes  
**Cooking:** about 40 minutes  
**Serves:** 4

5½–6 cups fish stock  
2 tbs olive oil  
3 garlic cloves, finely chopped  
1 bulb fennel, trimmed and diced  
2 cups Arborio rice  
½ cup dry white wine  
750g medium green king prawns, peeled and halved  
1 tbs lemon juice  
2 tsp finely grated lemon rind  
salt and ground black pepper  
baby rocket leaves, lemon wedges and shaved pecorino cheese, to serve

1. Bring stock to a gentle simmer in a saucepan over medium-high heat. Meanwhile, heat oil in a large heavy-based saucepan over medium heat. Add garlic and fennel and cook, stirring often, for 10 minutes.
2. Add rice to pan and stir to coat in oil. Cook, stirring constantly, for 2–3 minutes or until rice starts to become transparent. Add wine and simmer for 1 minute or until most of the liquid is evaporated.
3. Add a small ladleful of simmering stock to rice and stir frequently until most of the stock is absorbed. Repeat process until approx. ⅔ stock is used (this will take about 15 minutes). Add prawns and cook, adding remaining stock by the ladleful and stirring until rice is just tender and creamy and prawns are just cooked through. Stir in lemon juice and rind. Season with salt and pepper to taste. Sprinkle with rocket leaves and serve with lemon wedges and shaved pecorino cheese.



### Fennel

- A good source of dietary fibre, which helps the intestine function well and also vitamin C, a vitamin needed to defend the body against infection.
- Has virtually no fat and few kilojoules so is a great food for those trying to control weight.