

Liz Borgo The Dietician



Garida Kritharaki - Prawn Rissoni

Ingredients

- 3 tbsp extra virgin olive oil
- 1 onion
- 3 cloves garlic
- Chilli flakes (optional)
- 350g cherry or grape tomatoes
- ½ cup dry white wine
- ½ cup tomato passata
- 3 cups of hot vegetable or seafood stock (750ml)
- 1½ cups dry risoni/orzo pasta
- 500g peeled raw prawns (or a marina mix)
- ½ cup parsley (or dill)
- Juice of ½ lemon
- 80g crumbled feta to serve

Serving Size:
4
Serves

Method

1. Finely dice onion and chop garlic.
2. Add extra virgin olive oil to a large frypan and heat on medium. I like to use a shallow cast iron pan. If you are cooking a large double batch, an electric frypan works well also.
3. Cook onion for 5 minutes until softened. Add garlic and chilli for a further 2 minutes.
4. Add cherry tomatoes and $\frac{1}{2}$ cup white wine and cook for 2 minutes.
5. Prepare stock by boiling 3 cups of hot water with 1.5 tsp stock powder or a stock cube. Alternatively, bring 750ml of premade vegetable or seafood stock to a simmer.
6. To the pan, add hot stock and $\frac{1}{2}$ cup tomato passata.
7. Add risoni and bring to a gentle simmer for about 5 minutes. Stir it occasionally to stop the pasta sticking to the bottom of the pan (keep heat to med/low).
8. Stir in chopped parsley and prawns for a final 5 minutes or until cooked through.
9. You may need to add a few extra splashes of water or stock if the risoni needs more liquid.
10. Remove from heat. Add lemon juice and sprinkle with feta and fresh parsley/dill.