



Creamy Corn Orzo with Cajun Prawns

Cooking Time: 45 minutes | Servings: 4 people

INGREDIENTS:

Orzo:

- 1 cup orzo
- 1 large brown onion
- 1 long red chilli, finely diced
- 1/2 cup finely diced celery
- 3 cloves of garlic, crushed
- 1 teaspoon smoked paprika
- 1 teaspoon sweet paprika
- 1 teaspoon dried oregano leaves
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 cups of baby spinach leaves OR silverbeet (finely chopped)
- 1 tin (400ml) of cream of corn
- 1/4 cup finely chopped fresh flat leaf parsley
- 1 tablespoons fresh thyme leaves
- 1 3/4 cups of chicken stock (or water with stock cube dissolved in it)
- 2 tablespoons grated parmesan

Prawns:

- 500 grams raw prawns, thawed if frozen
- 1 tablespoon cajun seasoning (you can find my recipe here)
- 1 tablespoon olive oil

METHOD:

1. Place a non stick or enamel sauté pan on medium low heat and add 2-3 tablespoons of olive oil. Sauté the onion, chilli, and celery with the lid on for approximately 5-7 minutes, or until softened.
2. Add in garlic and cook for a minute until fragrant.
3. Stir in the silverbeet/spinach for a couple of minutes until wilted.
4. Stir in your spices (smoked paprika, sweet paprika and fried oregano) along with the Orzo and stir until orzo is evenly coated.
5. Pour in the Cream of corn and chicken stock and fresh herbs (parsley and thyme)
6. Turn heat down to low and continuously stir for 10 minutes or until orzo is cooked. Ensure you stir in this process to avoid orzo from sticking to the pan.
7. Once orzo is cooked through stir in the grated parmesan and set aside with the lid on while you grill the prawns.
8. Place a non stick pan on medium high heat. While pan is warming up, toss prawns with cajun seasoning as olive oil and grill on stove top for approximately 5 minutes or until prawns have turned pink and cooked through.
9. Serve with a side of lightly marinated fresh endive if you wish.

TIPS/SUBSTITUTIONS:

- If you cannot find orzo you can simply swap it with risoni.
- If you are not a seafood lover you could serve this with grilled steak or chicken.