**Fennel and Lemon Risotto**



1 [large fennel bulb](https://www.bbcgoodfood.com/glossary/fennel-bulb-glossary), base trimmed

1 tbsp [butter](https://www.bbcgoodfood.com/glossary/butter-glossary), plus a knob

1 [onion](https://www.bbcgoodfood.com/glossary/onion-glossary), finely chopped

1 [garlic clove](https://www.bbcgoodfood.com/glossary/garlic-glossary), finely chopped

140g [risotto rice](https://www.bbcgoodfood.com/glossary/risotto-rice-glossary)

175ml white wine

550ml hot vegetable stock

[zest 1 lemon](https://www.bbcgoodfood.com/glossary/lemon-glossary)

25g [parmesan](https://www.bbcgoodfood.com/glossary/parmesan-glossary) or vegetarian alternative, grated

**STEP 1** Chop any green leafy fennel fronds and set aside. Cut off the stalk-like fennel top, remove the outer layers and finely chop both. Heat 1 tbsp butter in a frying pan and cook the onion, garlic and chopped fennel until soft but not coloured.

**STEP 2** Add the rice and stir for 1 min. Pour over most of the wine and simmer until evaporated. Add 500ml of the hot stock, a ladleful at a time, stirring between each addition until it is absorbed.

**STEP 3** Meanwhile, slice remaining fennel and fry in knob of butter until browned. Add remaining stock and wine and cook until tender.

**STEP 4** When the rice is cooked, stir in the zest, Parmesan, and some seasoning. Take off the heat and set aside, covered, for 2 mins. Serve in bowls, topped with the fennel fronds and cooked fennel, stirring the prawns through if using.

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