

Salmon & spring vegetable risotto

(Serves 2)

Ingredients

- 1/2 tbsp Oil, olive, napolini
- 120g Salmon fillets, skinless & boneless
- 1 Stock pot, (knorr vegetable)
- 500mls Water
- 100g Broccoli, cut into small florets
- 100g Asparagus tips
- 80g Peas, frozen, garden
- 100g Broad beans, baby
- 100g Leeks, baby
- 150g Rice, risotto/arborio
- 1/2 tbsp Pesto, green
- 1/8 tsp Black pepper

Preparation

1. Heat oil in a large frying pan or wok. Cook salmon for approx 4 minutes each side.
2. Flake salmon & set aside. Keep oil in frying pan.
3. Make stock & bring to boil in a large saucepan. Add broccoli, asparagus, peas & broad beans.
4. Simmer for 4-5 minutes until "al dente." Remove from stock & set aside.
5. Top stock back up to 500mls by adding hot water. Keep stock on a low heat.
6. Warm oil left from salmon in same frying pan salmon cooked in. Slice leeks & cook on a medium heat for 2-3 minutes.
7. Add 2-3 tbsps of hot stock. Stir in rice. Cook gently until liquid absorbed. Stir continuously.
8. Continue adding stock a bit at a time, stirring continuously, until rice cooked to taste & fluid absorbed. This will take approx 15-20 minutes.
9. Stir in pesto, black pepper, flaked salmon & vegetables.
10. Cook until heated through. Serve.

TOP TIP: This dish is very filling. Eat it as a vegetarian dish if you prefer, without the salmon. See recipe for "Spring vegetable risotto".

NUTRITIONAL VALUES PER SERVING

Calories 582

Total Sugars 5.4g

Total Fats 15.98g

Saturated Fats 3.12g

Salt 2.38g

Fruit & Veg 3