

# Smoked Salmon Risotto

with Sugar Snap Peas

hellóchef

Few Italians will tolerate fish and cheese in the same dish. Nonetheless, we're risking it – because risotto just isn't the same without Parmesan!

Cals 815 • Prot 46 • Carbs 99 • Fat 33

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🕒 cook: 30 min

R2585



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon risotto	2 ppl	3 ppl	4 ppl	
Smoked Salmon Slices <b>6*</b>	200	300	400	Grams
Water	700	1050	1400	ML
Vegetable stock cube <b>15*</b>	1	1	2	Piece
White onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Lemon	1	1	2	Piece
Grated Parmesan <b>4*</b>	45	60	90	Grams
Sugar snap peas	150	200	300	Grams
Fresh dill	15	15	15	Grams
Fresh parsley	15	15	15	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Arborio rice	160	240	320	Grams
Butter <b>4*</b>	50	100	100	Grams
Black pepper	0.5	0.5	1	Tsp
Olive oil	2	3	4	Tbsp

Allergens

\*6 Fish, \*15 Celery, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3395 / 815
Fat (g)	32.6
of which saturates (g)	14.2
Carbohydrate (g)	99
of which sugars (g)	11.2
Fiber (g)	7.4
Protein (g)	45.6
Salt (g)	0.9

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Boil the **measured water** and dissolve the **vegetable stock cube** in it. This is your **vegetable stock**. Peel and finely chop the **onion**. Peel and mince the **garlic**.



2 Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5–6 min until softened. Add the **Arborio rice** and **garlic** and fry for 1 min further, stirring to coat the grains in the **oil**.



3 Cook risotto

Reduce the heat to medium. Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.

**Tip!** The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4 Prep

Meanwhile, slice the **lemon** into wedges. Trim and slice the **sugar snap peas** in half, lengthways. Pick and finely chop the **dill** and **parsley** leaves. Tear the **smoked salmon** into bite-sized pieces.



5 Finish risotto

Add the **sugar snap peas** to the **risotto** and cook for 2 min further. Remove the pan from the heat and add the **butter**, **smoked salmon**, a generous squeeze of **lemon juice** to taste (reserve some for garnish), half of the **dill** and **parsley** (reserve the rest for garnish) and the **grated Parmesan**. Season generously with **pepper**.



6 Serve

Divide the **smoked salmon risotto** among bowls. Drizzle with **olive oil** and garnish with the remaining **dill** and **parsley**. Serve with the remaining **lemon wedges** alongside.