

Pan-fried Salmon with Lemon Risotto

hellóchef

Risotto, originally from Northern Italy, is made with Arborio rice which is more starchy than most long grain varieties.

Cals 862 • Prot 49 • Carbs 95 • Fat 38

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🕒 cook: 30 min

R3087



Before you start

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

Ingredients

Risotto	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Lemon	1	1	2	Piece
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Water	600	900	1200	ML
Vegetable stock cube 15*	1	2	2	Piece
Parmesan 4*	30	45	60	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Arborio rice	160	240	320	Grams
Fresh parsley	15	15	15	Grams
Green peas	100	150	200	Grams
Butter 4*	20	30	50	Grams
Black pepper	0.5	1	1	Tsp

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)	3600 / 862
Fat (g)	38.4
of which saturates (g)	13.3
Carbohydrate (g)	95
of which sugars (g)	8.3
Fiber (g)	6.8
Protein (g)	49
Salt (g)	1.3

*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

Wash the **lemon** thoroughly. Grate its zest with a fine blade – take care to avoid the bitter pith. Juice the **lemons**. Peel and finely chop the **onion** and **garlic**. Boil the **measured water** and dissolve the **stock cube** in it. Grate the **Parmesan**.



2 Fry

Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 5–6 min or until softened. Once softened, add the **garlic** and **arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3 Add stock

Add {1/1.5/2} tsp of grated **lemon** zest. 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'. If you run out of **stock**, add more water.

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 liquid quantity accordingly.



4 Fry salmon

Meanwhile, heat a non-stick pan over a medium heat with a drizzle of **oil**. Portion the **salmon**, then season the skin generously with **salt**. Once hot, add the **salmon fillets** skin-side down and cook for 4 min until crispy, flip and cook for 2 min further until cooked through.



5 Finish risotto

Chop the **parsley** leaves. Once the **risotto** is cooked, add the **green peas**, {2/3/4} tbsp of **lemon** juice, the **Parmesan**, **butter** and half the chopped **parsley**. Warm through for 1 final min. Season with **pepper** (and **salt**, if needed).



6 Serve

Serve the **salmon** over the **lemon risotto** and garnish with remaining **parsley**.