

# Pan-fried Seabream with Parmesan Risotto

**hellóchef**

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

Cals 712 • Prot 53 • Carbs 92 • Fat 21

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 45 min

R3412





Before you start

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

Ingredients

Seabream	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Salt	1	1	2	Tsp
Vegetable oil	1	1	2	Tbsp
Butter 4*	30	50	50	Grams
Risotto				
Water	700	1050	1400	ML
Vegetable stock cube 15*	1	1	2	Piece
Brown onion	1	1	2	Piece
Garlic cloves	1	2	2	Piece
Lemon	1	1	1	Piece
Parmesan 4*	30	45	60	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Arborio rice	160	240	320	Grams
Black pepper	0.5	0.5	1	Tsp
To serve				
Rocket	20	40	40	Grams

Allergens

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

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)	2970 / 712
Fat (g)	20.9
of which saturates (g)	11.9
Carbohydrate (g)	92
of which sugars (g)	8.1
Fiber (g)	5.8
Protein (g)	53.1
Salt (g)	1.1

\*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**. Add the **stock cube** and boiled water to a jug and set aside. This is your **stock**. Peel and finely dice the **onion**. Peel and mince the **garlic**. Wash the **lemon** thoroughly. Grate its zest with a fine blade – take care to avoid the bitter pith. Grate the **Parmesan**.



2 Start risotto

Heat a non-stick pan over a medium 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 Stir

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 (see pro tip!).

**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 Fry seabream

After 10 min, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy.



5 Add butter

Once crispy, flip the **seabream** and add the **butter** to the pan with a pinch of **salt**. Cook for 2 min further until the **seabream** is cooked through and the **butter** is beginning to **brown**. Remove the pan from the heat.



6 Finish risotto

Once the **risotto** is cooked, add the grated **Parmesan** and [1/1.5/2] tsp of the **lemon** zest. Season with **pepper** and a squeeze of **lemon** juice (and **salt**, if needed). Divide amongst plates and top with **seabream**. Pour any remaining **butter** over the **risotto** and garnish with the **rocket**.