

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

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🕒 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**.