



SALMON & PEA RISOTTO

INGREDIENTS

- 3 tbsp oil
- 25g butter or dairy free spread
- 1 onion, finely diced
- 2 garlic cloves, minced
- 250g risotto rice
- 700ml veg stock
- ½ lemon, zested & juiced
- 160g frozen peas
- 200g cooked salmon, flaked
- 4 tbsp chopped parsley
- 75g grated Parmesan
- 100g crème fraiche

SERVINGS

- Serves 8 - 10

DIRECTIONS

- 01** In a large pan, heat & melt the oil and butter, add the onions and cook until soft but not brown. Add garlic and cook for 1 minute.
 - 02** Add the risotto rice and cook gently for a few minutes, coating the rice grains until the rice starts to go clear. Increase the heat and add 400ml of stock to the rice mix and cook until nearly absorbed.
 - 03** Add the remaining stock, zest and lemon juice. Stir, reduce heat and leave to cook with lid on until rice is just undercooked. Add more stock if after 15 minutes if the rice looks dry.
 - 04** Once the rice is just undercooked, add the peas, chopped parsley, & Parmesan. Stir until well mixed and rice is fully cooked. Add the warm flaked salmon and crème fraiche, stir and serve
- * omit crème fraiche & Parmesan for Dairy free