

# Salmon Risotto

## Ingredients

100g Risotto	300 ml vege/fish stock cube
$\frac{1}{2}$ an onion	$\frac{1}{2}$ a lemon
$\frac{1}{4}$ cup peas	2 tablespoons of parmesan cheese
1 cloves of garlic	1 tablespoon of butter
$\frac{1}{4}$ cup Dry white wine	A little bit of oil
1 piece of salmon	Handful of parsley

## Method

1. Chop up the onions and garlic finely.
2. Zest the lemon and then juice it.
3. Prepare the stock mixture.
4. Add the butter and a little bit of oil into the saucepan, fry the onions for a few seconds. (**Do not brown**)
5. Add the garlic and cook for a few more seconds.
6. Add the rice stir for a few seconds.
7. Add the wine and reduce it until nearly all of the liquid is absorbed into the rice.
8. Add the stock, lemon zest, and lemon juice. Simmer, stir and leave to cook covered 5-10 minutes until the rice is just undercooked. Add a little bit of hot water if it looks dry.
9. While the rice cooks, fry the salmon for 3 mins on each side, once done, break up the salmon to cube sizes.
10. When the rice is just undercooked, add the peas, stir and cook until the rice is done.
11. Add the parsley, another tablespoon of butter, and Parmesan cheese.
12. Add the salmon and season to taste before serving.