



Seafood Risotto

INGREDIENTS:

- 40g (2 tablespoons) butter
- 2 onions, sliced
- 1 cup arborio rice
- 2 cups (500ml) salt reduced chicken stock
- 200g canned tomato pieces
- 1 tablespoon smoked paprika
- 2 cups frozen peas
- 500g seafood marinara mix
- ¼ cup finely chopped parsley
- 2 limes or lemons, quartered

Salad

- 2 cups mixed salad leaves
- 1 carrot, sliced
- 2 tablespoons balsamic dressing

Serves: 4 | Prep time: 10 mins | Cooking time: 30 mins

Seafood Risotto

COOKING METHOD:

1. Heat one tablespoon butter in a large saucepan over a medium heat. Add the onion and rice and cook, stirring for 2 minutes. Stir in the stock, tomato, and paprika and bring to the boil. Reduce the heat to low and cover the saucepan. Cook for 20 minutes, stirring the risotto every 5 minutes. Stir in the peas for the last 5 minutes of the cooking time.
2. Heat the remaining butter in a large non-stick frying pan over a medium heat. Place the larger piece of seafood in the pan first and cook until golden, turning while cooking. Add the smaller pieces and stir until cooked.
3. Gently stir the seafood and half the parsley through the risotto.
4. To make the salad, toss together the lettuce, carrot and dressing.
5. Serve with salad, lime or lemon wedges and the extra parsley on the side for sprinkling over the risotto.

Tip: make a chicken risotto by substituting the marinara mix and parsley with chicken and coriander.