



Product Spotlight: Chives

Any leftover chives are delicious in a breakfast omelette! Wrap your chives in a damp paper towel or kitchen towel and store them in a plastic bag or container to prevent them from dehydrating.



Lemon & Chive Risotto

with Roasted Salmon

Oven roasted lemony salmon fillets served on a cheesy risotto alongside tender green beans, topped with fresh chives and parmesan cheese.



35 minutes



2 servings



Fish

Add some herbs!

You can add some fresh dill or thyme to this dish if you have some!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 60g | 33g | 78g |

FROM YOUR BOX

| | |
|---------------------|-------------|
| BROWN ONION | 1 |
| CHICKEN STOCK PASTE | 1 small jar |
| ARBORIO RICE | 150g |
| LEMON | 1 |
| SALMON FILLETS | 1 packet |
| GREEN BEANS | 150g |
| PARMESAN CHEESE | 1 packet |
| CHIVES | 1 bunch |



1. SAUTÉ THE ONION

Heat a large pan with **2 tbsp oil/butter** over medium heat. Peel and dice **onion**, add to pan and cook for 3 minutes.



2. SIMMER THE RISOTTO

Add **1/2 stock paste** and **rice**, stir to coat. Pour in **2 1/2 cups water**. Bring to a boil, semi-cover and simmer over medium heat until rice is tender (roughly 20 minutes, stir occasionally). See step 5.



3. ROAST THE SALMON

Zest **lemon** to yield 1 tsp. Arrange **salmon fillets** in a lined oven tray, coat with **oil**, **lemon zest**, **salt and pepper**. Roast for 10 minutes or until cooked through.

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

large frypan with lid, oven tray, frypan

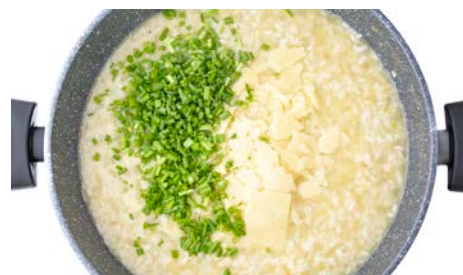
NOTES

You can slice and add the beans to the risotto to cook for a more child friendly dish.



4. COOK THE BEANS

Heat a second frypan over medium-high heat. Trim **beans** (see notes). Coat with **oil** and cook for 5 minutes until tender.



5. FINISH THE RISOTTO

Add **1/4 packet parmesan cheese** and juice from **1/2 lemon** into the **risotto**. Slice and add **chives** (use to taste). Stir all to combine well. Adjust seasoning with **salt and pepper** to taste. (Add a little more water if needed).



6. FINISH AND SERVE

Serve the **risotto** alongside roasted **salmon**. Top with extra **parmesan** at the table. Cut remaining **lemon** into wedges to serve.



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