



Product Spotlight: Spring Onions

Spring onions are very young onions, picked before the bulb has had a chance to swell. The long, slender green tops and the small white bulb are edible and are tasty raw or cooked.



Lemon & Spring Onion Risotto

with Roasted Salmon

Oven roasted lemony salmon fillets served on a cheesy risotto alongside tender green beans, topped with fresh spring onions 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
	54g	35g	63g

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
SPRING ONIONS	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

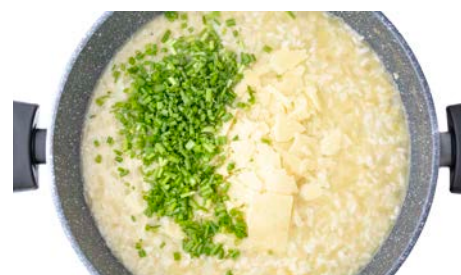
NOTES

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 **spring onions** (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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