



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



4/6 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
4/6 Person:	35g	20g/23g	63g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CHICKEN STOCK PASTE	1 small jar	1 small jar
ARBORIO RICE	300g	300g + 150g
LEMON	1	1
SALMON FILLETS	2 packets	3 packets
GREEN BEANS	250g	250g + 150g
PARMESAN CHEESE	1 packet	1 packet
SPRING ONIONS	1 bunch	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 **stock paste** and **rice**, stir to coat. Pour in **5 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.

6P – pour in 7 1/2 cups water.



3. ROAST THE SALMON

Zest lemon to yield 1-2 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.

6P – zest lemon to yield 2-3 tsp.

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

large frypan with lid, oven tray, frypan

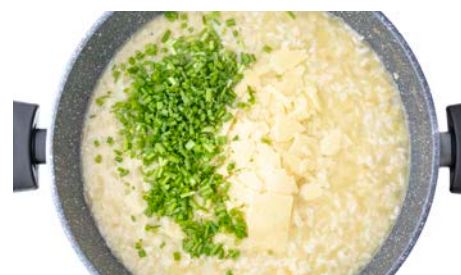
NOTES

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 **1/2 packet parmesan cheese** and juice from **1/2 lemon** into the **risotto**. Slice and add **spring onions**. 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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