



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Fennel

Fennel has a mild licourice flavour and is very versatile! Try using it instead of celery, bean sprouts or even onion in some recipes! It works well in casseroles, soups, and lasagne too!



R2 Risotto alla Milanese with Lemon Fish and Broccolini

A beautifully simple risotto flavoured with saffron threads, lemon zest and fennel served with lemon and dill fish, pan-fried broccolini and fresh rocket leaves.



30 minutes



2 servings



Fish

9 September 2022

Cheese it up!

If you can't resist adding cheese to your risotto, try adding the rind of a parmesan cheese block into the risotto at step 2. You can serve the risotto with shaved parmesan to garnish or stir through mascarpone to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	3g	86g

FROM YOUR BOX

FENNEL	1
SAFFRON	1 packet
ARBORIO RICE	1 packet (150g)
LEMON	1
WHITE FISH FILLETS	1 packet
BROCCOLINI	1 bunch
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried dill (see notes)

KEY UTENSILS

2 frypans, kettle

NOTES

You can use dried oregano or dried parsley instead of dried dill.

Cooking time for the fennel is based on medium-sized fennel. Anything bigger than an adult's palm, increase the cooking time to 5-7 minutes.



1. SAUTÉ THE FENNEL

Boil the kettle.

Heat a large frypan over medium-high heat with **oil**. Slice fennel and add to pan. Sauté for 5 minutes until fennel begins to soften (see notes).



2. COOK THE RISOTTO

Add saffron and rice to pan. Cook for 1 minute. Crumble in **stock cube** and pour in **2 cups boiling water**. Stir well and bring to a simmer. Reduce heat to medium and cook gently, covered, for 20 minutes, stirring occasionally or until rice is tender (add a little extra water if needed).



3. COOK THE FISH

Zest lemon to yield 1 tbsp. Coat fish in **oil**, 2 tsp lemon zest (reserve remaining), **1/2 tsp dried dill, salt and pepper**. Heat a second frypan over medium-high heat. Add fish and cook for 2-4 minutes each side until cooked through. Remove fish and keep pan over heat.



4. COOK THE BROCCOLINI

Trim broccolini. Add to pan and cook for 2 minutes.



5. DRESS ROCKET LEAVES

Add rocket leaves to a bowl. Squeeze over juice from 1/4 lemon and toss to combine.

Wedge remaining lemon. Season risotto with remaining lemon zest and **salt and pepper** to taste.



6. FINISH AND SERVE

Divide risotto among shallow bowls. Serve with lemon fish, broccolini and dressed rocket leaves. Garnish with lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

