



### Product Spotlight: Fennel

Fennel has a mild liquorice 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!



## Risotto alla Milanese

### with Lemon Fish and Broccoli

A beautifully simple risotto flavoured with saffron threads, lemon zest and fennel served with lemon and thyme fish fillets, broccoli and fresh rocket leaves.



30 minutes



4 servings



Fish

16 June 2023

## 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	29g	5g	66g



## FROM YOUR BOX

FENNEL	1
SAFFRON	1 packet
ARBORIO RICE	1 packet (300g)
LEMON	1
WHITE FISH FILLETS	2 packets
BROCCOLI	1
ROCKET LEAVES	1 bag (120g)

## FROM YOUR PANTRY

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

## KEY UTENSILS

2 frypans, kettle

## NOTES

You can use dried oregano, dried dill, dried tarragon, or Italian herbs instead of dried thyme.

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



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### 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 **4 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 FILLETS

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



### 4. COOK THE BROCCOLI

While fish is cooking, cut broccoli into florets (thinly slice any tender stems).

Add broccoli to pan with **1/4 cup water**. Cook for 2-4 minutes until water has evaporated and broccoli is cooked to your liking. Season with **salt and pepper**.



### 5. DRESS THE ROCKET LEAVES

Add rocket leaves to a bowl. Squeeze over juice from 1/2 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, broccoli 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**

