



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Arborio rice

When making risotto, use round, medium or short grain white rice. These varieties absorb liquids and release starch better, making them stickier than the long grain varieties.



S2 Herby Fish with Spring Lemon Risotto

Golden white fish fillets cooked in the pan with Italian herbs and served with sautéed asparagus on a bed of cheesy lemon risotto.



30 minutes



2 servings



Fish

21 October 2022

Make it a one-pan!

Slice the fish, asparagus and beans and cook them in the pan with the risotto if preferred!

FROM YOUR BOX

BROWN ONION	1
ARBORIO RICE	150g
GREEN BEANS	1 bag (150g)
ASPARAGUS	1 bunch
LEMON	1
WHITE FISH FILLETS	1 packet
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, 1 stock cube, dried Italian herbs

KEY UTENSILS

2 large frypans, kettle

NOTES

You can use liquid stock instead of water or stock paste instead of a stock cube if preferred! We used a fish stock cube.



1. SAUTÉ THE ONION

Boil the kettle with **3 cups water**.

Heat a large frypan with **1 tbsp oil** over medium-high heat. Dice and add onion. Cook for 3 minutes until softened.



2. SIMMER THE RICE

Stir in rice and **1/2 crumbled stock cube** (see notes). Add **2 1/2 cups boiled water** and bring to a boil. Semi-cover and simmer over medium heat until absorbed. (approximately 20–25 minutes).



3. SAUTÉ THE GREENS

Meanwhile, heat a second frypan over medium-high heat. Trim beans and asparagus. Coat with **oil** and cook for 5 minutes until tender. Toss with zest from **1/2 1 lemon** and set aside.



4. COOK THE FISH

Coat fish with **1 tsp dried Italian herbs, oil, salt and pepper**. Reheat pan over medium-high heat. Cook fish for 3–4 minutes each side or until cooked through. Take pan off heat and return greens to pan to keep warm.



5. FINISH THE RISOTTO

Stir juice from 1/2 lemon (wedge remaining) through the risotto along with 1/2 packet parmesan cheese. Stir through **1 tbsp butter** and more boiled water if needed. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide risotto, greens and fish among plates to serve. Garnish with remaining parmesan to taste and serve 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

