



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.



## S4 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



4 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	300g
GREEN BEANS	1 bag (250g)
ASPARAGUS	1 bunch
LEMON	1
WHITE FISH FILLETS	2 packets
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 **5 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 crumbled stock cube** (see notes). Add **5 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 **2 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**. 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**

