



SALMON PEA RISOTTO



Ingredients

200-300 grams salmon – this could be a fresh fillet, tinned salmon, or smoked salmon	2-3 tsp lemon zest
4 -5 cups hot broth	¼ cup fresh dill (or 1 ½ tsp dried dill)
2-3 tablespoons olive oil	1 tsp dried thyme
1 small onion, diced	¼ tsp salt
2 tbsp garlic, minced (4-6 cloves)	⅛ tsp ground white pepper
½ cup zucchini, coarsely grated	½ cup frozen peas, thawed
1 ½ cups Arborio rice	2 tbsp butter
½ cup dry white wine – Pinot Grigio or Cabernet Sauvignon are great options	½ cup fresh Italian parsley, chopped
⅓ cup lemon juice	¾ cup Parmesan cheese, finely grated



Instructions

Servings
4

Prep Time
15 mins

Cook Time
45 mins

Total Time
60 mins

1. Prepare the ingredients: Grate the zucchini, mince the garlic, and dice the onion. Zest and juice the lemon. Grate the cheese and chop the herbs. Measure out the rice and seasonings.
2. Prepare the salmon: Fry or poach the salmon in a small pan over medium heat for about 5-10 minutes. Remove the skin if desired. Flake the salmon, checking for bones, then set aside. If using smoked or canned salmon, all you need to do is check for bones, then flake it.
3. Heat the broth in a pot over medium-high heat. The broth should be boiling when added to the rice.
4. Melt 2 tbsp butter in a large frying pan over medium-high heat, add the onions and garlic and stir.
5. Reduce the heat to medium, then add the grated zucchini and continue to sauté, about 3-5 minutes.
6. Add the arborio rice and sauté until it begins to crackle and turn translucent, about 5 minutes.
7. Add the wine, lemon juice, herbs, lemon zest, salt and pepper. Stir to incorporate.
8. One ladle-full at a time, incorporate the boiling hot broth into the frying pan of rice while stirring constantly. Allow the rice to absorb the broth liquid before adding the next ladle-full. This process of consistent stirring and adding broth should last about 20 minutes.
9. Add in the butter, peas, grated cheese and (cooked) salmon.
10. Turn off the heat but leave the pan on the heated burner. Stir vigorously for 2-3 minutes over the residual heat of the stove burner that you just turned off.
11. Top with fresh herbs and salt and pepper to taste, then serve.