

# Trout with Vegetable Risotto

---

## Shopping List

---

- Fresh Trout Fillets (4, 180g)
- French Beans (60g, cut to 1cm)
- Lemon (squeeze)
- Vegetable Stock (1L)
- Salt & Pepper
- Carnaroli Rice (200g)
- Peas (60g, frozen)
- Unsalted Butter (90g)
- Spring Onions (4, cut to 1cm)
- Parmesan (2 tablespoons)
- Courgette (diced)
- Flat Leaf Parsley (¼ small bunch, chopped)
- Broad Beans (100g, podded)
- Mint (¼ small bunch, chopped)

---

Duration: 1 hour 30 minutes

Servings: 4

---



### Method:

Firstly pre-cook the vegetables for the risotto. If the broad beans are large, pop the skins off with your fingers. If not, they'll be fine unpeeled. Bring a saucepan of salted water to the boil. Add all the vegetables in turn until just cooked. Remove with a slotted spoon, plunge into cold water and drain. Keep to one side.

To cook the risotto, melt 30g butter in a heavy-bottomed saucepan, add the rice and stir for a minute on a low heat with a wooden spoon. Gradually add the warm stock, a little at a time, stirring constantly and ensuring each addition of liquid has been fully absorbed before adding the next.

Season the sea trout. About 10 minutes after starting the risotto, heat a non-stick frying pan. Add a splash of olive oil and cook the sea trout, skin-side down for 5 minutes. Turn over and cook for a further 3 to 4 minutes. Remove the fish from the pan and keep warm. Continue to stir the risotto.

When the rice is almost cooked (after about 20 minutes), add the vegetables and the rest of the butter, Parmesan and herbs. Check the seasoning and correct if necessary. The risotto should be moist and velvety, but not stodgy (you can always add more stock).

To serve, spoon the risotto immediately onto plates. Place the fresh trout fillets on top.