Dinner

Creamy Salmon, Prawn and Squid Risotto

Arborio rice slowly drinks up hot stock until creamy, then is folded together with tender salmon, prawns and squid and finished with parsley and yogurt.



Nut free | Low sugar

50 min	374	49.4 g	6.8 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 1 tsp rapeseed oil
- [ ] 1 onion, finely chopped
- [ ] 1 low-salt vegetable stock cube, dissolved in 900ml water
- [ ] 1 yellow pepper, finely chopped
- [ ] 1 clove garlic, crushed
- [ ] good pinch white pepper
- [ ] 15 g parsley, finely chopped, plus 1 tbsp to serve
- [ ] 150 g Arborio (risotto) rice
- [ ] 1 salmon steak (approx. 125g), cubed and skin removed
- [ ] 100 g cooked peeled prawns
- [ ] 50 g squid rings
- [ ] 50 g natural low-fat yogurt
- [ ] grind black pepper
- [ ] pinch freshly chopped parsley

Nutrition Facts

Per serving

Calories	374
Total fat	9.4 g
Saturated fat	1.6 g
Sodium	Not listed
Total carbs	49.4 g
Fiber	3.2 g
Total sugars	6.8 g
Protein	21.4 g

Method

- [ ] **1** Warm the rapeseed oil in a pan and cook the onion for 5 minutes.
- [ ] **2** In a separate pan, heat the stock made from the low-salt vegetable stock cube and 900ml water, keeping it at a gentle simmer over a very low heat.
- [ ] **3** Stir the yellow pepper, garlic, white pepper and half of the finely chopped parsley into the onion and cook for 1 minute.
- [ ] **4** Add the Arborio rice and stir for 2 minutes.
- [ ] **5** Pour in two ladles of the hot stock, just enough to cover the rice, and stir.
- [ ] **6** Keep stirring the rice regularly, adding the hot stock a little at a time so it just covers the rice, and let the risotto bubble very gently.
- [ ] **7** After 20 minutes, add any remaining stock along with the salmon steak cubes and stir for 3 minutes.
- [ ] **8** Add the cooked peeled prawns and squid rings, cook for 2 minutes, then check that the rice is al dente, still slightly firm, and that the salmon is cooked all the way through.
- [ ] **9** Vigorously stir in the rest of the finely chopped parsley and the natural low-fat yogurt, cover, and leave to stand for 2 minutes.
- [ ] **10** Finish with a grind of black pepper and a pinch of freshly chopped parsley before serving.

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