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by Liz Robb

Smoked Salmon, Prawn and Lemon Risotto



Ingredients

1 leek
1 clove of garlic
2 teaspoons olive oil
10g butter
160g Arborio rice
600ml vegetable bouillon
3 tablespoons reduced fat soft cheese
100g frozen prawns
100g smoked salmon
1 lemon
A few sprigs of fresh dill

Servings
2
Person

Preparation

- 1 Defrost the prawns.
- 2 Wash, halve and finely chop the leek, discarding the dark green parts. Peel and crush the garlic.
- 3 Saute the leek in the olive oil and butter over a low heat in a heavy bottomed saucepan. After 3 minutes, stir in the garlic and saute gently for a further 2 minutes, until soft but not browned.
- 4 Add the rice and stir for a minute or two, still over a very gentle heat.
- 5 Pour the bouillon into a small saucepan and keep it hot as you cook. Add 2-3 ladles of the bouillon to the rice to begin with, stir frequently and cook gently until it is absorbed. Then add one ladle full at a time, and repeat the process.
- 6 After stirring in the last ladle of bouillon, check that the rice is just about cooked through; if not, add a touch more bouillon and cook for a little longer, but don't

overcook it.

- 7 Chop the smoked salmon. Stir in the cream cheese, and then add the prawns and smoked salmon. Add a little finely grated lemon zest then stir and cook gently to heat the prawns and salmon through.
- 8 Stir in a teaspoon of lemon juice and some chopped dill and then serve immediately, garnished with a few thin strips of smoked salmon and a little chopped dill.

Cooks Note

You can, of course, adjust this recipe to use fresh prawns and fresh salmon; this version is quick and easy, using convenient frozen prawns and smoked salmon.

You may wish to include a little white wine instead of some of the stock, and some people would always serve risotto with grated Parmesan, although I don't think this recipe really needs it.
