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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.