



HOT SMOKED SALMON RISOTTO

with Leek and Chives



HELLO LEEK

On St Davids day the youngest recruits in the Welsh Guards are forced to eat a large raw leek!



Leek



Garlic Clove



Chives



Lemon



Italian Style Grated Hard



Vegetable Stock Powder



Arborio Rice



Hot Smoked Salmon Flakes



Unsalted Butter

MEAL BAG

🕒 35 mins

🍏 1.5 of your 5 a day

Quick, easy to prep and packed with fresh ingredients, our velvety salmon risotto is the perfect one-pot dish. When the arborio rice is nearly done (it should slightly retain its bite) stir in the smoked salmon flakes with the lemon zest and juice, chives, and Italian cheese and serve everything up in the middle of your table for a delicious communal style dinner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Measuring Jug**, two **Large Saucepans** and a **Ladle**. Now, let's get cooking!



1 GET PREPPED

Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives**. Zest the **lemon** then chop into wedges.



2 MAKE THE STOCK

Bring the **water** (see ingredients list for amount) to the boil in a large saucepan and stir in the **stock powder** to dissolve. Keep the **stock** on a low heat ready to add to the risotto later. Heat a drizzle of **oil** in another large saucepan on medium-high heat. Once hot, add the **leek**. Cook until the **leek** has softened, about 5 mins. Stir occasionally.



4 SIMMER

After 1 minute, stir in a ladle of the **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladleful. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should be 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



5 FINISH UP

Once the **risotto** is done, stir in the **smoked salmon flakes** and cook for a couple of mins to ensure they are piping hot, then remove from the heat. Quickly stir in the **butter**, **Italian style grated hard cheese** and **lemon zest**. Stir in **half** the **chives** and a small squeeze of **lemon juice**. Taste and add **salt**, **pepper** and more **lemon juice** too if you feel it needs it.



3 START THE RISOTTO

When the **leek** has softened, stir in the **garlic** and cook for 1 minute. Next, add the **arborio rice** and stir to evenly coat in the **garlicky oil**.



6 SERVE

Spoon the **risotto** into bowls and sprinkle over the remaining **chives**. Grind over some **pepper** and serve with any remaining **lemon wedges** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Leek *	2	3	4
Garlic Clove *	2	3	4
Chives *	1 bunch	1 bunch	1 bunch
Lemon *	½	1	1
Water*	750ml	1.1L	1.5L
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Arborio Rice	175g	260g	350g
Hot Smoked Salmon Flakes 4) *	150g	200g	300g
Unsalted Butter 7) *	30g	30g	60g

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 404G	PER 100G
Energy (kcal)	702	174
(kJ)	2935	727
Fat (g)	29	7
Sat. Fat (g)	14	3
Carbohydrate (g)	76	19
Sugars (g)	5	1
Protein (g)	35	9
Salt (g)	3.05	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 8) Egg 10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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