
Seared Salmon with Pea & Spinach Risotto

Description

This rich, savory risotto uses peas and spinach to compliment omega-rich salmon.

Total time: 1 hr Yield: 4 Servings

Ingredients

4 Tbsp olive oil
1/2 onion (minced very fine)
2 cup Arborio rice
1 cup frozen peas (defrosted with very hot water, drained and patted dry)
2 cup baby spinach
5 cup chicken or vegetable stock
2 lb salmon fillet (pin bones and skin removed, cut into serving portions)
1 tsp garlic salt
fresh ground black pepper
parmesan cheese
pea shoots or diced tomato for garnish (optional)

Prep Time: 1 hr Total Time: 1 hr

Instructions

To prepare the risotto, preheat your oven to 350° F, and heat 3 tablespoons of the oil in a pan on medium heat. Sauté the onion until translucent. Add the Arborio rice, and keep stirring until all the oil has been absorbed. The rice will make a hushed clicking noise. Remove from the heat. Add peas, spinach and stock in a blender and blend until smooth. Transfer the rice mixture to a medium sized ovenproof baking dish and stir in the stock mixture. Bake for about 45 minutes, stirring the risotto every 15 minutes. Add extra water if the stock evaporates too soon (before the rice is done cooking).

Prepare the salmon 15 minutes before the risotto is ready. Heat 1 tablespoon of oil in a pan, and season the salmon with the garlic salt and pepper. Sear the salmon on each side until browned and crispy. Serve the risotto sprinkled with parmesan cheese, and top with salmon. Top each salmon fillet with pea sprouts or diced tomato.

Recipe brought to you by:

Chef Michi Holland

Source:

