

LIFE'S KITCHEN

A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - FEBRUARY 2019

SEAFOOD & SPINACH RISOTTO

Serves 2



INGREDIENTS

Ingredients:

1 x Banana Shallot
1 x Garlic clove
50 ml white wine
150g Risotto Rice
1 x Small packet baby spinach
1 x small packet cooked prawns
Your choice of seafood
(mussels, Scallops, squid)
300 ml chicken Stock
1 x lemon
Pinch of saffron strands
Small bunch of parsley (chopped)
20g parmesan (grated)
1x Small Packet salad leaves
40g Butter
Salt and Pepper
Olive oil

METHOD

Small Dice the Shallot and Chop the garlic leave to one side,
Put the chicken stock onto boil with the saffron and juice from half of the lemon.

Add the olive oil to a sauce pan and heat, sweat the onions and garlic for 2 minutes, and then add the rice, stir for one minute or until rice becomes transparent,
Add the white wine, reduce the heat of the pan and stir rice until wine is totally absorbed, then slowly add the hot chicken stock a ladle at a time until rice is cooked, stirring all the time so rice doesn't stick to the pan, when rice is cooked (should be about 20 mins) add the seafood and spinach and stir for a further three minutes, then add the parmesan, parsley and butter and season to taste,
Serve in a bowl garnished with a quarter

of lemon each and a drizzle of olive oil and the salad leaves on the side.

Goes great with some warm crispy bread and your favourite bottle of white wine.
Enjoy!