

## One of our lovingly created Kindred Recipes!

### Salmon/Spinach and Pea Risotto

#### Ingredients

(Based on Family of 4)

- ✓ 1 Onion
- ✓ 2 Garlic cloves
- ✓ Fresh parsley
- ✓ 1 Vegetable stock cube
- ✓ 300ml Boiling water
- ✓ 200g Salmon fillets
- ✓ 1 Tablespoon of vegetable oil
- ✓ 200g Frozen peas
- ✓ 145g white rice

#### Method

- ✓ Dice the onion and garlic cloves and finely chop the parsley.
- ✓ Dissolve the stock cube in the boiling water.
- ✓ Steam the salmon until cooked through.
- ✓ Meanwhile heat the oil in a pan and cook the onion for 1-2 minutes.
- ✓ Add the peas and rice and stir. Add the stock until the rice and vegetables are covered and stir. Leave to simmer until the majority of the stock has been absorbed.
- ✓ Check to see if the rice is cooked, if not add more water and continue to simmer until cooked.
- ✓ Flake in the salmon and combine well.
- ✓ Sprinkle with parsley, serve and enjoy!