

Saffron Risotto With Sea Bass Fillets

Ingredients:

1 –2 Knorr Fish Stock Pots
2 Pinches Saffron Strands
60 g Butter
2 Tbsps Olive Oil
1 Onion, *finely chopped*
400 g Risotto Rice
125 ml Dry White Wine
4 –5 Fillets Sea Bass
A Small Pinch Of Salt (Optional)
50 g Grated Parmesan



Metrics:

Yield: 4–5

Prep Time: 20 mins

Cooking Time: 20–25 min

Directions:

1. First make the stock. Bring a large saucepan containing 1,600ml water to a simmer. Add in the Knorr Fish Stock Pots and whisk until dissolved. Add in two pinches of the saffron to the fish stock.
2. In a casserole dish, heat together 30g butter and olive oil. Add in the onion and fry gently for 2–3 minutes, stirring often, until softened. Add in the remaining pinch of saffron and mix in.
3. Add in the rice and mix in thoroughly, coating the rice with the saffron mixture.
4. Add in the white wine and cook, stirring, for 4–5 minutes, until most of the white wine has evaporated.
5. Add in 3–4 ladles of the simmering fish stock to the rice and cook over medium heat, stirring often, until the stock has mostly been absorbed.
6. Repeat the process, until all the stock has been used and the rice is cooked through.
7. Meanwhile, set a large, heavy based frying pan to heat up. Add in 1tbsp olive oil and heat through.
8. After around 15 minutes, when the risotto is practically cooked through, add the sea bass fillets skin side down to the frying pan. Season the fish fillets with a small pinch of salt, if using, and fry without moving for 1–2 minutes, then turn over to cook on the other side for 1–2 minutes.
9. While the fish is frying, sprinkle in the Parmesan cheese and add in the remaining 30g butter, cut into cubes, to the risotto rice. Stir the risotto thoroughly to incorporate the Parmesan and butter into the rice.
10. Spoon the risotto into a large serving dish, top with the fried sea bass fillets, placing them skin side up, garnish with parsley and serve at once.