

SAME DISH NEW FISH

Yellowfin Whiting & Asparagus Risotto

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Ingredients

1.5L good quality fish
or vegetable stock
1 tablespoon olive oil,
plus 2 tablespoons extra
1 brown onion, finely diced
5 sprigs thyme, leaves picked
3 cloves of garlic, sliced
1 lemon
1 1/2 cups arborio rice
8 x 80g fillets Yellowfin Whiting
2 bunches asparagus, woody
ends snapped off, sliced into
2cm pieces, tips left whole
1 bunch broccolini
sliced into 2cm pieces
1/2 cup frozen peas
Small handful fresh dill,
roughly chopped

Method

- 1 Bring **stock** to the boil in a saucepan, set aside and keep warm
- 2 Fry **onion**, **thyme** and **garlic** in a large pot with one tablespoon **olive oil**, stirring, until translucent. Add rice and stir for 30 seconds to toast the **rice**. Zest the **lemon** and reserve. Add the **juice** to the pan, then add a ladleful of hot **stock** and bring to a simmer. Add more **stock** as required throughout the process to make sure the **rice** is just covered with liquid. Stir occasionally. The **risotto** will take about 16-18 minutes to cook, so if you run out of **stock** before this time use a little hot water.
- 3 Heat a second non-stick pan over high heat and add the remaining **olive oil**. Add **Yellowfin Whiting** and cook for 1-2 minutes, skin side down, until almost cooked through. Remove **fish** from pan and rest skin side up to finish warming through. Add **asparagus** and **broccolini** to the same pan and stir for two minutes or until **vegetables** are bright green and almost tender. Add the **frozen peas** and stir for a minute to defrost them. Remove from heat.
- 4 When the **rice** is al dente, stir in the **vegetables**. Stir through **dill**. Divide amongst bowls, top with **Yellowfin Whiting** to serve.



		
PREP TIME 10 min	COOK TIME 20 min	SERVES 4