



Scallops risotto

NIBBLEDISH CONTRIBUTOR

Ingredients

250 gram risotto rice
10 scallops
1/2 carrot, finely chopped
1/2 courgette, finely chopped
1 onion, finely chopped
2 cloves of garlic, finely chopped
small bunch of parsley, chopped
half a lemon (juice)
2 tsp butter
2 tsp olive oil
1/4 pint of dry white wine
1.5 pints seafood stock
salt/pepper to season
Grated Parmesan to season

Instructions

1. Use a frying pan, fry the onion in olive oil on medium heat until slightly cooked, then add the garlic, fry for a further minute
2. add the rice and stir to coat, then slow add the stock bit by bit, adding more when it's absorbed into the rice
3. heat up a shallow pan with butter on high heat, add scallops, 1 min on either side, reduce heat. Add parsley and season with pepper/salt, squeeze lemon juice and turn off heat after 2 mins
4. pour the white wine into the rice, continue with stirring
5. when the rice begins to cook, add carrot and courgette, continue to stir and add stock until rice is cooked through (total time about 25-35 mins)

6. serve the rice with scallops on top, add the butter sauce on the rice. Season with Parmesan