

PACIFIC
WEST

Pacific West Cheezy Fish Fillets with Wild Mushroom Risotto

Ingredients:

1 box of Pacific West Cheezy Fish Fillets

For the risotto base

- 2 tbsp olive oil
- 50g/2oz onion, chopped
- 1 garlic clove, chopped
- salt, to taste
- 175g/6oz risotto rice
- 1 litre/1¾ pints boiling water

To complete the risotto

- 1 tbsp olive oil
- 400g/14oz mixed mushrooms
- 1 tsp chopped fresh chervil
- 1 tsp chopped fresh chives
- salt and freshly ground black pepper

Method:

1. For the risotto, heat the olive oil in a pan. Place the onions, garlic and a pinch of salt into the pan and cook until the onions are soft and transparent.
2. When the onions are cooked, add the rice and stir until the rice is very hot and the grains are starting to turn translucent. Begin to add the water little by little, stirring continuously. Cook for 18-20 minutes then remove the pan from the heat and leave to stand.
3. To complete the risotto, heat a little olive oil in a frying pan. Add the mushrooms to the pan and fry for a few minutes.
4. When the mushrooms have softened, mix them through the risotto base and cook the rice for a further few minutes. Once the rice is soft, stir in the cream, and chives. Season with salt and freshly ground black pepper.
5. Deep fry Pacific West Cheezy Fish Fillets for 5 minutes or until golden brown.
6. To serve, place the risotto into the middle of four serving dishes and place the Cheezy Fish Fillet on top.

