

Sweetcorn and crab risotto with rainbow trout fillets

Serves 2

Ingredients:

1 tablespoon olive oil
1 shallot, peeled and finely chopped
1 garlic clove, peeled and finely chopped
250g Arborio rice
1 litre fresh vegetable stock
1 small onion, peeled and chopped
2 x 125g pieces of trout fillet
250g sweetcorn kernels
Salt and freshly ground black pepper
75 g Mascarpone
100g Parmesan, grated
150g picked cooked white crabmeat
10 g Flat Leaf Parsley, chopped

Method:

Heat the olive oil in a large shallow saucepan and gently cook the shallot and garlic until soft and lightly coloured.

Add the rice and stir it around for a couple of minutes until it is well coated with the oil.

Meanwhile in another pan heat the vegetable stock. Add the hot stock a little at a time to the rice. Allow the stock to become absorbed between each addition. Keep adding the stock until the rice is cooked but still al dente, about 16 minutes.

Place the trout fillets on a baking tray and season with salt and pepper and drizzle with a little oil and then place under the grill then remove and set to one side

Add the sweetcorn to the pan of risotto and cook for a further 3 minutes.

Mix the mascarpone, Parmesan and the crab meat into the risotto with the parsley and season well.

Spoon into warm serving bowls place the fillets on top sprinkle with pea shoots and serve.