



Seared Sea Bream on Orkney Crab and Tomato Risotto

with Garlic Baguette, Asparagus, Samphire and Lemon & Chive Dressing

Premium Ingredient Pescatarian

Preparation time : 40 min.



- Garlic Clove
- Asparagus
- Risotto Rice
- Vegetable Stock Paste
- Baby Plum Tomatoes
- Garlic Baguette
- Lemon
- Chives
- Sea Bream Fillets
- Unsalted Butter
- Samphire
- Grated Hard Italian Style Cheese
- Orkney Crab Meat
- Boiled Water for the Risotto
- Olive Oil for the Dressing



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/seared-sea-bream-on-orkney-crab-and-tomato-risotto-595>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Grater, Bowl, Kettle, Aluminum Foil, Oven dish, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Garlic Clove (unit(s))	3	5	6
Asparagus (grams)	160	200	320
Risotto Rice (grams)	175	260	350
Vegetable Stock Paste (grams)	20	30	40
Baby Plum Tomatoes (grams)	125	190	250
Garlic Baguette (unit(s))	1	1½	2
Lemon (unit(s))	1	1	1
Chives (bunch(es))	1	1½	2
Sea Bream Fillets (unit(s))	2	3	4
Unsalted Butter (grams)	20	30	40
Samphire (grams)	40	60	80
Grated Hard Italian Style Cheese (grams)	40	60	80
Orkney Crab Meat (grams)	100	150	200
Boiled Water for the Risotto (milliliter(s))	600	900	1200
Olive Oil for the Dressing (tbsp)	1	1½	2
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	4771 kj
Energy (kcal)	1140 kcal
Fat	47.3 g
of which saturates	19.5 g
Carbohydrate	124 g
of which sugars	10.9 g
Dietary Fibre	7.9 g
Protein	54 g
Salt	4.41 g

Allergens

Egg, Milk, Wheat, Fish, Crustaceans, May contain traces of allergens, Soya, Cereals containing gluten

Always check the product labels for allergen information.



Start the Risotto

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle. Peel and grate the **garlic** (or use a garlic press). Trim the bottom 2cm from the **asparagus** and discard. Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. Add **half the garlic** and fry until fragrant, 1 min. **TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.** Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins. Stir in the **boiled water for the risotto** (see pantry for amount) and **vegetable stock paste**. Bring back up to the boil, then pop a lid on the pan (or cover with foil). Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.



Fry the Fish

Once hot, carefully place your **sea bream** into the pan, skin-side down. **TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down.** Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.** For the last min, add **half the butter** and the remaining **garlic** to the pan. Fry until fragrant, 1 min. Baste the **fish** by spooning over the **garlic butter**. Once the **sea bream** is cooked, remove from the heat and cover to keep warm.



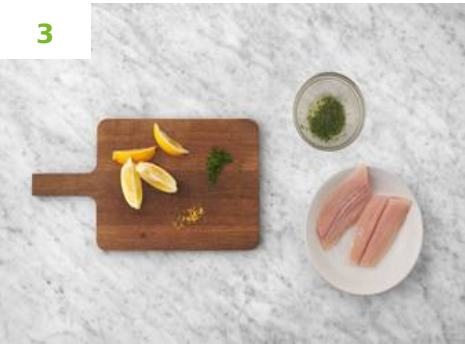
Get Roasting

Meanwhile, halve the **baby plum tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a parcel. Pop onto one side of a large baking tray. When the **risotto** has 20 mins remaining, add the tray to the bottom shelf of the oven and roast until softened, 15-20 mins. When the **tomatoes** have roasted for 5 mins, add the **garlic baguette** to the other side of the tray and return to the oven to bake until golden and piping hot, 12-15 mins.



Final Touches

Meanwhile, bring a large pan of water to the boil for the **samphire** (don't add **salt** - the **samphire** is salty enough!). Once the **water** is boiling, add the **asparagus** and **samphire** to the pan, lower the heat and simmer until tender, 3-4 mins. Once cooked, drain in a sieve. Return to the pan, squeeze over some **lemon juice** and cover to keep warm. When the **risotto** is cooked, remove it from the oven and stir through the **hard Italian style cheese**, remaining **butter**, the **lemon zest**, a squeeze of **lemon juice**, the **roasted tomatoes**, **crab meat** and remaining **chives**.



Make the Dressing

Meanwhile, zest and cut the lemon into wedges. Finely chop the **chives** (use scissors if easier). In a small bowl, mix together a good squeeze of **lemon juice**, **half the chives** and **olive oil for the dressing** (see pantry for amount) - this is your **chive** and **lemon dressing**. Set aside for now. When the **risotto** has 10 mins remaining, heat a drizzle of **oil** in a frying pan on medium-high heat. Pat the **sea bream** dry with kitchen paper, then season with **salt** and **pepper**.



Serve

Taste the **risotto** and season with **salt** and **pepper** if needed. **TIP: Add a splash of water to loosen the risotto to your desired consistency.** Share the **crab** and **tomato risotto** between your serving bowls. Top with the **sea bream** and drizzle over the **chive** and **lemon dressing**. Serve the **asparagus**, **samphire** and **garlic baguette** alongside.

Enjoy your meal!