

1. Heat the onion and butter/oil on HIGH for 2 minutes
2. Add the rice and cook on HIGH for 2 minutes
3. Stir in the vegetable stock and cook on HIGH for 5 minutes
4. Stir in the peas, lemon zest and juice and cook on HIGH for 5 minutes
5. Stir in flaked mackerel, 25g Parmesan and fresh basil and heat on FULL power for 2 minutes
6. Allow to stand for 2 minutes
7. Serve in warmed bowls sprinkled with a few basil leaves and remainder of the Parmesan cheese

450ml hot vegetable stock  
2tbsp butter/margarine/olive oil  
Small onion, chopped fine  
200g Rice (risotto preferably)  
100g frozen peas  
70g Smoked mackerel, flaked  
Finely shredded zest & juice ½  
lemon  
Pepper to taste  
40g Parmesan cheese  
10g Fresh basil

NB You could substitute salmon or trout for mackerel

### ***'What's Cooking!' Recipe Card***

## **SMOKED MACKEREL AND LEMON RISOTTO**



### **FOOD FACT:**

**Mackerel is an excellent source of essential omega oils.**

**Preparation time      5mins**

**Cooking time            15mins**

Serves 4-6