



## Seafood Risotto with Marinara Sauce

**Difficulty:** Easy

**Servings:** 2 – 4

**Preparation Time:** 40 mins

**Cooking Time:** 40 mins

## Ingredients

### Marinara Sauce

- 40g Garlic
- 50g White Onion
- 60g Red Capsicum
- 20ml Cooking Oil
- 600ml Canned Tomatoes
- 3 Pieces Bay Leaves
- To Taste Salt
- To Taste White Pepper
- To Taste White Sugar

### Garnish

- To Garnish Chopped Parsley
- To Garnish Extra Virgin Olive Oil
- To Garnish Ground Pepper
- To Garnish Lemon Zest and Juice

### Seafood Risotto

- 50ml Cooking Oil
- 1 to 1.2L Prawn Stock
- 60g White Onion
- 200g Salmon
- 300g Carnaroli Rice
- 300g Fresh Squid
- 400g Deseeded Prawns
- 2 Tablespoons Softened Unsalted Butter
- 3 Sprigs Thyme
- To Taste Salt
- To Taste White Pepper

# Methods

## Marinara sauce

1. Chop white onion and garlic separately using your Hand Blender.



2. Blend canned tomatoes into paste using your Hand Blender. Deseed and chop red capsicums into chunks.



3. Add oil, bay leaves, chopped garlic and 50g of onions in a pot. Fry for 3 to 5 minutes, until fragrant and soft.



4. Add red capsicums chunks and cook for 2 to 3 minutes. Add blended tomatoes and let the mixture simmer until it bubbles lightly, for about 3 to 5 minutes. Remove bay leaves after.

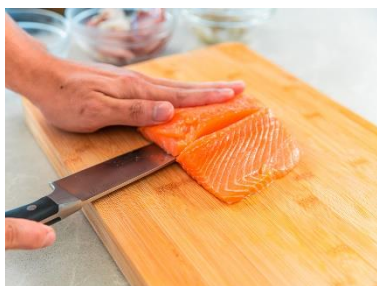


5. Using your Hand Blender, blend the mixture while simmering. Let it cook for another 5 to 8 minutes to reduce it to a thick sauce consistency. Season with salt, white pepper and white sugar. Set aside 4 tablespoons of marinara sauce.



## Seafood Risotto

6. Skin and cut salmon into 1 to 2cm cubes. Slice squid into rings of 1 to 2cm thickness. Devein prawns.





7. Heat up pan to high heat. Add oil and prawns. Fry for 30 seconds. Add salmon cubes and fry for 30 seconds. Add squid rings and continue frying for 1 to 2 minutes. Remove seafood from pan.



8. In the same pan, add 60g of chopped onions and thyme. Cook for 3 minutes, until soften. Add carnaroli rice and mix well. Slowly add prawn stock until rice is fully submerged and stir occasionally. Add more stock to submerge the rice when liquid dries up. Repeat the step 3 to 4 times until desired texture for rice is achieved.





9. Add 4 tablespoons of marinara sauce and mix well. Add cooked seafood and cook for 1 minute.



10. Season with salt and white pepper. Add softened butter and stir till butter melts.





11. Garnish with olive oil, lemon zest, lemon juice, chopped parsley and ground pepper. Serve and enjoy.

