

## RECIPE

# Trout with wild garlic risotto



Preparation Time: **40 minutes**

For **4 persons**

## Ingredients

- 2 bunches wild garlic
- 1 garlic glove
- 50g pine nuts
- 50g parmesan
- 100ml olive oil
- Salt, sugar
- Lemon juice
- 200g risotto
- 1 small onion
- 600ml vegetable stock
- 100ml white wine
- 10 cherry tomatoes
- 4 trout fillets with skin

## Cooking

1. Thoroughly wash the wild garlic, drain and cut into coarse strips. Roast the pine nuts in a frying pan and leave to cool.
2. Peel the garlic cloves, grate the parmesan and, using a hand mixer, blend in a deep bowl with the wild garlic, pine nuts and olive oil to make a creamy pesto. Then season to taste with salt, pepper, sugar and lemon juice.
3. Rinse the trout fillets, pat dry with paper towels and season the inside with salt and pepper.
4. Finely dice the onions and sauté together with the uncooked risotto rice in a saucepan with a teaspoon of olive oil until translucent, deglaze with white wine, briefly reduce the liquid and then add the stock. Simmer over low heat for about 20 minutes, stirring occasionally. Meanwhile, halve the cherry tomatoes.
5. Place the trout fillets on the skinside in a pan with very little oil and sear on medium heat until crispy, then turn the fillets and sear briefly.
6. When the risotto has the desired bite, add 2 tbsp of the wild garlic pesto and the cherry tomatoes and season with salt, pepper and lemon juice.

## Tips

If you like your risotto particularly creamy, stir in a generous pat of butter just before serving.

Bon appetit!