

Delicious Dinners

Easter Dinner



Spring Chicken Risotto (Serves 4)

Ingredients

3 chicken breasts
 1 onion (finely chopped)
 1 clove garlic (crushed)
 300g risotto or Arborio rice
 1 teaspoon olive oil
 1 teaspoon parmesan
 1 ½ litres reduced salt stock (chicken or vegetable)
 2 carrots (diced)
 5 spring onions (sliced)
 80g peas
 Bunch fresh parsley (finely chopped)

Equipment

Chopping board, knife, frying pan, wooden spoon, ladle, jug

Method

1. Gently fry the onion and garlic in a frying pan until the onion is softened but not coloured
2. Add the carrots and spring onions and continue to fry for 3 minutes
3. Add the rice and continue to fry until the rice until it begins to look translucent
4. Slowly add the stock a ladleful at a time, waiting until the liquid is absorbed between each addition
5. Stir the rice continuously between adding each ladleful of stock
6. Continue to add the stock until the rice is cooked but still firm to the bite
7. Add the peas to heat through and stir in the parmesan

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
447	MEDIUM	LOW	LOW	MEDIUM
Kcal	7	1.8	6.7	1.3

Easter Baked Salmon (Serves 4)

Ingredients

4 salmon fillets
 Juice of 1 lemon
 600g new potatoes
 1 bunch fresh parsley
 1 handful fresh dill
 1 tablespoon olive oil
 350g mixed spring vegetables

Equipment

Chopping board, knife, oven, baking sheet, kitchen foil

Method

1. Sprinkle the lemon juice over the salmon, top with the dill and wrap in kitchen foil, place on the baking sheet and bake in the oven at 200°C until just cooked through
2. Clean and boil the new potatoes until tender
3. When cooked, drain and half the new potatoes. Coat in the olive oil and parsley
4. Serve with lightly steamed or boiled spring vegetables

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
384	MEDIUM	LOW	LOW	LOW
Kcal	18	3.1	5.4	0.22