KIKKOMAN

Creamy risotto with kale and cod

Total time **25 mins** **5 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,261 kJ / 540 kcal

Fat: **22 g** Protein: **33 g**
Carbohydrates: **45 g**

INGREDIENTS

2 portion(s)

1 tbsp	olive oil
150 g	arborio rice
125 ml	white wine
500 ml	chicken stock
30 g	kale
1 tbsp	butter
150 g	cod fillet
1.5 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1	garlic clove, finely chopped
2 tsp	lemon juice
1 tbsp	hard cheese, grated (Parmesan or Grana Padano)

Kale pesto:

25 g	kale
0.5	garlic clove
0.25 tbsp	pine nuts
1 tbsp	olive oil
0.5 tsp	lemon juice
0.5 tsp	Kikkoman Naturally Brewed Less Salt Soy Sauce

PREPARATION

Step 1

1 tbsp olive oil - **150 g** arborio rice - **125 ml** white wine - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **500 ml** chicken stock
Sauté the rice in the olive oil for 1 minute. Add the white wine and Kikkoman Less Salt Soy Sauce and cook until the liquid is absorbed. Gradually add the chicken stock, stirring regularly.

Step 2

55 g kale - **0.5 tbsp** garlic clove - **0.25 tbsp** pine nuts - **1 tbsp** olive oil - **0.5 tsp** lemon juice - **0.5 tsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tbsp** butter
Wash and dry the kale, then remove the tough stems and chop the kale. Add 25 g of kale to a blender along with the garlic, pine nuts, olive oil, lemon juice and ½ tsp Kikkoman Less Salt Soy Sauce. Blend until smooth.

Once the rice from step 1 is tender and has absorbed all the liquid, add the remaining kale and cook for another 3 minutes. If needed, add a little more stock or water. Finish by stirring in the butter and half of the kale pesto.

Step 3

150 g cod fillet - **0.5 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1** garlic clove, finely chopped - **2 tsp** lemon juice - **1 tbsp** hard cheese, grated (Parmesan or Grana Padano)
Brush the cod with the Kikkoman Less Salt Soy Sauce, lemon juice and finely chopped garlic. Steam for about 5 minutes. Serve on top of the kale risotto, drizzle with the remaining pesto and

sprinkle with the grated hard cheese.