

DINNERLY



Tuna Lemon Rice with Green Peas

 20-30 minutes  2 Servings

Forget stirring. We've hacked risotto so all you have to do is bring to a simmer, then step away and let the stovetop work its magic. Twenty minutes later, dish up with oily tuna, lemon and peas.

WHAT WE SEND

- 1 lemon
- 150g green peas
- 2 chicken-style stock cubes
- 1 onion
- 150g arborio rice
- 185g can tuna ⁴

WHAT YOU NEED

- boiling water
- garlic clove
- olive oil
- sea salt and pepper

TOOLS

- fine grater

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Fish (4). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 635kcal, Fat 22.8g, Carbs 68.7g, Proteins 32.9g



1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Finely chop the **onion**. Finely grate the **lemon zest**, then juice. Drain the **tuna**.



2. Make stock

Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **625ml (2½ cups) boiling water** and stir to dissolve.



3. Start rice

Heat **1 tbs olive oil** in a medium saucepan over medium heat and cook the **garlic** and **onion** for 2-3 mins until softened. Add the **rice** and cook, stirring for 1 min, to coat the rice in the onion mixture. Add the **hot stock** and bring to a simmer.



4. Add peas

Reduce the heat to low and simmer, covered, for 10-15 mins until quarter of the liquid is absorbed and the rice is tender. Stir in the **peas**, then remove the pan from the heat and allow to sit for 5 mins.



5. Serve up

Flake the **tuna** into smaller chunks and add to the **rice** with the **lemon zest** and **juice** (or to taste). Season with **salt and pepper** and divide the **rice** among bowls.



6. Make it yours

For added colour and nutrition, add baby spinach with the peas and allow to wilt. Or, serve with grated parmesan or lemon wedges for a cheese or zesty zing.