Lemon risotto with asparagus and crispy tilapia

Total time **90 mins**   **10 mins** preparation time   **20 mins** cooking time   **60 mins** marinating time

Nutritional facts (per portion):
2560 kJ / 611.5 kcal

Fat: **29.5 g**   Protein: **22.8 g**
Carbohydrates: **53.3 g**

INGREDIENTS

2 portion(s)

160 g	Boneless tilapia fillets (or other white fish)
4 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
3.5 tbsp	Olive oil
1 pinch	Garlic granules
500 ml	Vegetable stock
250 ml	Water
50 g	Onion
125 ml	Dry white wine (e. g. Vinho verde)
100 g	Arborio rice (risotto rice) Grated zest of half lemon
1 tsp	Lemon juice
1 tbsp	Grated Parmesan
50 g	Cream cheese
250 g	Green asparagus
1 tsp	Butter

PREPARATION

Step 1

Cut the fish into 4 smaller pieces. In a bowl, mix 2 tablespoons Kikkoman Ponzu Lemon, ½ tablespoon olive oil, add pieces of fish, sprinkle with granulated garlic and stir. Put in the fridge for 60 minutes.

Step 2

Boil the stock and water in a saucepan. Reduce the heat and keep it on a low heat.

Step 3

Finely chop the onion. Rinse the asparagus and break off and discard any woody ends. Cut off the tender tips of the asparagus and cut the remaining stems into slices.

Step 4

In a frying pan, heat 2 ½ tablespoons of olive oil and fry the onion. Then add the rice, fry until it becomes slightly glassy. Add wine. When the wine evaporates add 1 little ladle of warm stock and 1 tablespoon Kikkoman Ponzu Lemon. After the stock has evaporated, add another ladle of stock (repeat this step until the stock is used up). 2 minutes before the end of cooking, add the chopped asparagus, grated lemon zest and lemon juice, parmesan and cream cheese.

Step 5

Meanwhile, heat ½ tbsp olive oil in a separate pan and fry the marinated fish on both sides.

Step 6

Heat the butter in a separate frying pan and fry the asparagus tips. After 2 minutes add 1 tablespoon [Kikkoman Ponzu Lemon](#) and fry briefly.

Step 7

Divide the risotto between dishes and serve decorated with asparagus tips and fried fish.