Healthy Recipe:
**Green Vegetable Risotto with Charred Mackerel**

**Ingredients (serves 4)**
- 2 Lemons
- 2 Fillets Fresh Mackerel
- 1 Large Leek
- 200g Peas
- 1 Large Onion
- 50g Butter
- 1l Vegetable Stock
- 1 Garlic Clove
- 300g Arborio Rice
- 1 Large Courgette
- 200g Spinach
- 50g Parmesan

**Method**
1. Wash Rice 3 times under cold running water.
2. Melt butter in a pan and add rice and finely diced onion.
3. Gradually add warm stock stirring slowly and constantly.
4. In a separate pan sauté the diced leek until soft, add peas, and courgette and cook till soft.
5. Once rice is cooked fold in the soft green vegetables, grated parmesan, and a little of the butter, check seasoning.
6. In a separate hot pan sauté the mackerel fillet quickly along with half a lemon.
7. Serve risotto in a bowl and top with piece of mackerel and garnish with the charred lemon.

The idea of this dish is to keep the vegetables as green as possible retaining all their nutritional value along with the health benefits of the oily mackerel.