

# Seafood and **tuna risotto** with baby vegetables



4 people

20 min preparation time

20 min cooking time

## All ingredients

**1 tin of 400g** la belle-iloise cream of shellfish soup  
**1 tin of 207g** la belle-iloise natural albacore tuna  
**250g** risotto rice  
**500g** mussels  
**1** onion (approx. 100g)  
**1** small courgette (approx. 150g)  
**1** carrot (approx. 100g)  
**1** tomato (approx. 120g)  
**70g** mushrooms  
**1 chopped clove** of garlic  
**1 small glass** white wine (approx. 10 o ml)  
**4 tablespoons** olive oil  
**1/3 litre** water  
**1 pinch** Herbes de Provence  
**½ teaspoon** salt (1.5 g)  
**1 pinch** ground pepper

## Steps

- 1- Clean and steam the mussels open in the white wine
- 2- Strain the cooking juice and remove the top shell from the mussels
- 3- Cut the vegetables into 5 mm dice
- 4- Fry the onions and carrots in the olive oil
- 5- Add the rice and coat thoroughly with the oil
- 6- Add the mussel juice and the juice from the tuna

- 7- Add the courgettes, mushrooms, garlic and seasoning
- 8- Cook for another 18 minutes over gentle heat
- 9- During this time, add the water in 3 stages (allowing the rice to absorb it each time), stirring regularly
- 10- When all the water has been absorbed, add the shellfish soup in 2 stages in the same way, then the tomatoes and the tuna broken into 8 pieces
- 11- Add the mussels at the end
- 12- Allow to rest 2 minutes before serving