

Risotto with Sea Bass and Fennel

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sea-bass-fillet-recipe>

Ingredients:

- 8 cups fish stock
- 3 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 1/3 cup yellow onion finely chopped
- 1 celery stalk finely chopped
- 1 garlic clove minced
- 3/4 pound sea bass fillet cut into 2-inch chunks
- 3 cups arborio rice
- 1 cup dry white wine at room temperature
- 1 fennel bulb small, trimmed and thinly sliced
- fronds reserved for garnish, optional
- freshly ground pepper
- salt

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 5 grams
8. Sodium: 1230 milligrams
9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Risotto with Sea Bass and Fennel above. You can see more 15 italian sea bass fillet recipe Savor the mouthwatering goodness! to get more great cooking ideas.