SHOPPING LIST

Spring Vegetable Risotto

Serves 4

- [ ] 1.2 litres hot vegetable stock
- [ ] 2 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] 1 onion, finely chopped
- [ ] 2 garlic cloves, crushed
- [ ] 320 g risotto rice (arborio or carnaroli)
- [ ] 150 ml dry white wine
- [ ] 200 g asparagus, woody ends removed, cut into 3 cm pieces
- [ ] 150 g frozen peas
- [ ] 100 g broad beans or small courgette cubes
- [ ] Zest and juice of 1 lemon
- [ ] 50 g parmesan, finely grated
- [ ] A handful of basil, parsley or mint, chopped
- [ ] Salt and black pepper

Tick off what you already have at home.