LIGHT & SWEET

Spring Vegetable Risotto

PREP	COOK	SERVES
15 min	35 min	4

Vegetarian

Creamy, lemony risotto with asparagus, peas and fresh herbs, finished with parmesan.

Ingredients

- 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

Method

1. Keep the stock hot in a pan on the back of the hob.
2. Melt half the butter with the oil in a wide, heavy pan. Cook the onion for 8 minutes over low heat until soft and translucent. Add the garlic for 1 minute.
3. Add the rice and stir for 2 minutes until the grains look glossy. Pour in the wine and stir until it has been absorbed.
4. Add the stock one ladle at a time, stirring often and waiting until each ladle has been

absorbed before adding the next. After about 15 minutes, add the asparagus and broad beans.

5. Continue for another 8 to 10 minutes, adding the peas for the last 3 minutes, until the rice is tender with a little bite and the risotto is loose and creamy.

6. Off the heat, stir in the remaining butter, parmesan, lemon zest and juice and the herbs. Season, cover and rest for 2 minutes before serving.

Cook's tip

A good risotto should flow across the plate. If it looks stiff, stir in a splash of hot stock at the end.