

ASPARAGUS AND MINT RISOTTO

PORTIONS: 4-5

PREP TIME: 15 MIN

COOKING TIME: 45-60 MIN



This recipe will, hopefully, show you that making risotto is neither difficult or time-consuming. Using asparagus, mint and lemon zest makes it really light and fresh. TOP TIP: If you're cooking just for yourself, you might like to reduce the quantity of ingredients by half as this dish will not taste as great on a day 2 and 3 as it does when it's fresh. If you need to reheat any leftovers, add a couple of tablespoons to a pan first and warm it up, then add the risotto spoonful at a time and mix well with water – this will loosen it up and make it creamy again.

INGREDIENTS:

- 500g arborio rice
- 2 bunches asparagus (approx. 170g each before trimming)
- 4 medium celery sticks
- 2 Tbsp extra virgin olive oil + extra for garnish
- 1 medium brown onion or 2 shallots
- juice of ½ lemon
- zest of whole lemon
- handful fresh mint (15g)
- 1l + 0.7l vegetable stock
- 250ml dry white wine
- 50g grass-fed butter
- handful freshly grated Parmesan or other hard cheese (20g)

SPICES*:

Thyme, sea salt, black pepper.

1. Finely chop celery and onion. Remove hard asparagus stalks by bending them until they break. Chop asparagus stalks saving the tips. Preheat 1l of vegetable stock, keep the remaining 0.7l ready for later.
2. SW: Heat the olive oil on a deep pan or saucepan, add celery
3. P: and onion. Cook until soft without browning – approx. 10min. Increase the heat and add rice. Toss on a pan for a couple of minutes stirring to ensure no rice or vegetables stick to the pan.
4. SA: Season with a pinch of salt.
5. SO: Pour in the wine, reduce the heat to medium and cook stirring until the wine gets absorbed by rice.
6. B: Season with a pinch of thyme.
7. SW: Add 1-2 ladles of stock to the pan, stir and cook until it was absorbed, then add another portion of stock. Repeat until your rice is cooked al dente and it soaked all the stock (approx. 15-20min). Keep stirring it gently to avoid sticking to a pan.

Common allergens:

- Butter
- Parmesan
- Celery
- Wine (sulphites)

Equipment used:

- large pan or saucepan with a lid
- grater
- pot for heating up stock

Optional additions:

- Although risotto will taste better if you use homemade stock, if short of time feel free to reach for high quality vegetable stock cubes, like Kallo (low salt) or ready-made veg stock.

Inspired by:

Jamie Oliver.

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8. SW: Reheat the remaining stock and add half of it to the pan with rice together with asparagus and cook stirring occasionally. Add more to achieve desired consistency – risotto should be slightly more runny than you'd like it to be as it will thicken up.
9. P/SA: Season with black pepper and pinch of salt and take off the heat and cover with a lid for 2min.
10. SO: Add lemon juice and most of its zest,
11. B: pinch of thyme,
12. SA: stir in the butter,
13. P: most of the finely chopped mint
14. SA: and finish off with Parmesan.
15. Serve immediately sprinkled with the remaining mint, lemon zest and a drizzle of olive oil. Pair up with the remaining wine ☺