



ASPARAGUS RISOTTO

INGREDIENTS

Serves 2

- 1 tbsp olive oil
- ½ onion or 1 small onion finely chopped
- 2-3 sticks of celery trimmed and finely chopped
- 150g risotto rice
- 450ml vegetable or chicken stock
- 1 small bunch of asparagus (around 6 stalks) finely chopped stalks into discs keeping the tips whole
- 50g butter
- 1 handful fresh grated parmesan cheese
- A bunch of fresh mint leaves picked and finely chopped
- Zest and juice of 1 lemon
- Sea salt and freshly ground black pepper

METHOD

1. Heat the olive oil add the onion and celery, and fry very gently for about 15 minutes without colouring.
2. When the vegetables have softened add the rice. Add the stock to the rice a ladle at a time, stirring and waiting until the rice has been fully absorbed before adding the next. Turn the heat down to low so the rice doesn't cook too quickly, otherwise the outside of each grain will be stodgy and the inside hard and nutty. Continue to add ladlefuls of stock until it has all been absorbed. This should take about 14-15 minutes and give you rice that is beginning to soften but still al dente.
3. Now add asparagus and rest of stock stirring all the time, gently bring to the boil, then turn the heat down and simmer until almost all the stock has been absorbed.
4. Turn off the heat; beat in the butter and parmesan, mint, all the lemon zest and all the juice. Check the seasoning and add salt and pepper if needed. Put a lid on the pan and leave the risotto to rest for a minute.