

Spring Greens Risotto



Serves 2-4



30 minutes



Spring



Leek, spring garlic, asparagus, snow peas, parsley

INGREDIENTS:

- 1 cup arborio or carnaroli rice
- 2 tablespoons extra virgin olive oil
- 1L vegetable or chicken stock (salt-reduced)
- 100mL dry white wine
- 1 large leek, thinly sliced
- 2 spring garlic shoots, thinly sliced
- 1 bunch asparagus, ends trimmed, chopped into thirds
- 1 cup snow peas
- 1 tablespoon lemon zest
- Parmesan cheese, to top (optional)
- Black pepper, freshly ground
- Parsley, roughly chopped

METHOD:

1. In a large flat based pan, heat olive oil over a medium-high heat. Reduce heat to medium low, add leek and garlic and stir for 5 minutes until tender and translucent.
2. Add the rice, stir for a minute or so to toast, then add the white wine and bring to the boil.
3. Add the hot stock, one ladleful at a time, stirring until each ladleful is absorbed before adding the next. Stir for 10-15 minutes until the rice is almost tender.
4. Add snow peas, asparagus and lemon zest and stir to combine. Cook for 1-2 minutes until bright green and tender.
5. Serve hot, scattered with parsley, topped with a crack of black pepper and grated parmesan cheese (if desired).

TIPS:

- *You can use a variety of spring greens based on what you have growing in the garden. Peas, broadbeans, spinach, thyme or mint are all great substitutes.*
- *Chicken or prawns makes a great addition to boost the protein content.*
- *Parmesan cheese can be substituted for nutritional yeast for a cheesy flavour to make the dish suitable for vegans.*

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