

Spring Vegetable Risotto

With spring in full swing and asparagus in its peak season, its the perfect time to enjoy this tasty vegetable in our spring vegetable risotto recipe!



Recipe provided by

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at allmanhall**

Ingredients

- Onion (Diced)
- 1tbsp Vegetable oil
- 2 Garlic cloves (Crushed)
- 360g Risotto rice
- 1tbsp Dried Thyme
- 1 Lemon (Zested and Juiced)
- 1 bunch Asparagus (Chopped)
- 1 litre Vegetable stock
- 200g Frozen peas
- Nutritional yeast (optional)
- Seasoning

Method

- In a deep saucepan heat the diced onion in vegetable oil for 5-10 mins or until it begins to sweat. Immediately after adding the garlic and allowing to soften for another minute.
- Add the risotto rice and thyme, stirring to combine, then heat for another minute. Once combined add the vegetable stock, lemon juice and zest, and leave to cook for roughly 20 mins or until most of the liquid has been absorbed.
- Finally, when the rice has softened, add in the asparagus, peas and season to taste, cook for a couple of minutes until the asparagus is tender but be careful not to overcook.
- Remove from the heat, add in nutritional yeast if using and then serve.