

Lemon Risotto with Asparagus and Peas

Time: 45 minutes to 1 hour

Servings: Four bowls

Level: Medium

Ingredients:

- o 4 cups vegetable stock
- o 2 tablespoons unsalted butter
- o 1 shallot, finely minced
- o 1 cup Arborio rice
- o ½ cup white wine
- o ½ cup frozen peas, thawed
- o 1 bunch (25-30) pencil asparagus, tips only (if regular asparagus, cut in half lengthwise)
- o 1 clove garlic, finely minced
- o 1 tablespoon lemon zest
- o ½ teaspoon salt
- o ¼ teaspoon black pepper
- o ¾ cup Parmesan cheese, finely grated

Directions:

- 1) Place **vegetable stock** in a medium sauce pan. Bring to boil then lower to simmer.
- 2) Heat a heavy-bottom pan to medium and add **butter**.
- 3) Once **butter** has melted, add **shallots** and cook for about 2 minutes or until translucent.
- 4) Add **Arborio rice** and toast the rice for about 2-3 minutes until the middle part becomes opaque.
- 5) Add **wine** to pan and cook for about 2-3 minutes or until the liquid has absorbed.
- 6) Ladle about ½ cup of the **warmed broth** to the rice and stir slowly until the **broth** is almost absorbed. Continue to add **broth** until there is about 1 cup of broth left.
- 7) Add **asparagus** and **peas** and then add remaining broth.
- 8) Add **garlic, lemon zest, salt** and **pepper** to the rice and stir.
- 9) Turn heat off and add **Parmesan cheese**. Adjust seasoning if necessary.