



# Asparagus Risotto

NIBBLEDISH CONTRIBUTOR

## Ingredients

[Serving: 4 - 6]

- 500 g asparagus, trimmed
- 1.5 litre vegetable stock
- 65 g butter
- 3 tbsp oil
- 1/2 onion, chopped
- 350 g risotto rice
- salt
- parmesan cheese
- 200 g selection of seafood (optional)

## Instructions

- Cook the asparagus in a pan of salted, boiling water for 10 minutes until tender, then drain and cut off and reserve the tips
- Chop the stem and set aside
- Bring the stock to boil
- Meanwhile, melt 15g butter in a frying pan, add asparagus tips and cook over low heat, stirring occasionally for 5 minutes, then set aside
- Melt 25g butter with the oil in a saucepan, add onion and cook over low heat, stirring occasionally for 5 minutes
- Stir in the rice and cook, stirring, until the grains are coated in fat, then add the chopped asparagus stems
- Add a ladleful of the hot stock and cook, until it has been absorbed
- Continue adding stock, a ladleful at a time, continue stirring, repeat for 20

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- minutes or till the rice is tender
- Add remaining butter, and asparagus tips
  - Add any additional seafood (this time I added mussels; prawn also fits beautifully)
  - Serve with parmesan

Credit: Silver Spoon cook book