

# RISOTTO WITH ASPARAGUS AND PEAS

## INGREDIENTS

¼ cup butter  
1 tablespoon oil  
6 French shallots, chopped  
1 1/3 cups arborio rice  
5 cups vegetable stock  
1 cup frozen green peas  
1 package blanched asparagus  
Zest of 1 lemon (will give flavour without acidity)  
1 cup parmesan (parmigiano reggiano)  
Fresh basil

## PREPARATION

1. Melt the butter and add the oil. Sauté the shallots.
2. Add the rice and cook for 1 minute, stirring to coat the rice.
3. Over medium heat, add 1 cup of broth and cook, stirring, until the liquid is almost completely absorbed. Continue to add the rest of the broth gradually while stirring often. The rice should absorb most of the liquid and have a creamy consistency.
4. When there is 1 cup of broth left, add the peas and asparagus, and cook for 5 minutes.
5. Add the parmesan, zest, and season.

Inspired by: <https://www.ricardocuisine.com>

[apainintheneck.org](https://www.apainintheneck.org)

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