

Asparagus and Pea Risotto

Spring Asparagus and Pea Risotto: A Fresh, Creamy Seasonal Delight

10	35	45	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Ingredients

- 1 cup rice
- 4 cup vegetable broth
- 1 cup white wine
- 1 onion
- 2 clove garlic
- 2 tbsp olive oil
- 1 bunch asparagus
- 1 cup pea
- 1 cup parmesan cheese
- 1 tbsp fresh lemon juice
- 2 tbsp unsalted butter
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the vegetables**

Bring a small pot of water to a boil over high heat. Cut 1 bunch asparagus into 1-inch pieces, discarding tough ends. Add asparagus and 1 cup fresh peas to boiling water and blanch for 2-3 minutes until bright green and just tender. Drain and immediately plunge into ice water to stop cooking. Drain again and set aside.
- 2 Heat the broth**

Pour 4 cups vegetable broth into a medium saucepan and bring to a gentle simmer over medium-low heat. Keep warm throughout cooking - this ensures the risotto cooks evenly and stays creamy.
- 3 Start the risotto base**

Heat 2 tablespoons olive oil in a large heavy-bottomed pan over medium heat. Add 1 diced onion and cook, stirring frequently, until soft and translucent, about 5 minutes. Add 2 minced garlic cloves and cook until fragrant, about 1 minute.
- 4** Add 1 cup Arborio rice to the pan and stir constantly for 2-3 minutes until the rice is well-coated with oil and lightly toasted. The grains should look slightly translucent around the edges.
- 5** Pour in 1 cup white wine and stir continuously until completely absorbed by the rice, about 2-3 minutes. The mixture will bubble and steam as the alcohol cooks off.

6 Cook the risotto

Add 1 ladle (about ½ cup) of warm broth to the rice and stir frequently until absorbed. Continue adding broth one ladle at a time, stirring constantly and allowing each addition to be absorbed before adding more. This process takes 18-20 minutes total - the rice should be creamy but still have a slight bite when done.

7 Gently fold in the blanched asparagus and peas during the last 2-3 minutes of cooking to warm them through without overcooking.

8 Finish and serve

Remove from heat and immediately stir in 1 cup grated Parmesan cheese and 2 tablespoons butter until melted and creamy. Add 1 tablespoon lemon juice and season with 1 teaspoon salt and 1 teaspoon black pepper, or to taste.

9 Serve immediately in warmed bowls while the risotto is still creamy. Garnish with additional Parmesan cheese and fresh herbs if desired.

Tips

Use warm broth. Keeping the broth warm while you add it to the risotto helps the rice cook evenly and ensures a creamy texture.

Take your time adding the broth gradually, allowing the rice to absorb it fully before adding more.

Taste the risotto toward the end of cooking and adjust the seasoning. Some broths can be salty, so it's best to add salt last.

Make it vegan. Simply omit the butter and use a [vegan](#) Parmesan substitute for a plant-based version.

For a brighter flavor, add a touch of fresh lemon zest along with the lemon juice.