

TASTE WITHOUT WASTE

Asparagus & Saffron Risotto

Serves 4.

Ingredients

200g frozen peas
100g corn kernels (about one cob)
200g asparagus, trimmed and cut into 5cm lengths
Pinch saffron threads
950ml vegetable stock
1 tbsp olive oil
1 large onion, finely chopped
220g (1 cup) Arborio rice
30g finely grated parmesan, plus extra for topping
20g raw pistachios, roughly chopped
Sea salt
Freshly ground black pepper

Method

Place the peas and asparagus in a large bowl and cover with boiling water. Leave to stand for 3 minutes then drain and set aside.

Combine the saffron and 60ml (1/4 cup) boiling water in a small bowl and leave to infuse until needed.

Pour the vegetable stock into a small saucepan, bring to a boil, cover and reduce to gentle simmer.

Heat the olive oil in a large saucepan. Sauté the onion over a medium heat for three minutes, or until well softened. Tip in the rice and stir constantly for 2 minutes or until most of the grains have gone transparent.

Add half a cup of hot stock to the rice mixture and stir constantly over a low-medium heat until all the liquid is absorbed. Continue in this fashion until about half of your simmering stock has been used. Now add the saffron strands and infused water and stir until absorbed. Continue with the remaining simmering stock. After you have tipped in the last 1/2 cup and most has been absorbed, add the peas, asparagus and corn. Cover the rice saucepan, turn off the heat and leave the pot on the burner for ten minutes or until the rice is tender. Stir every two minutes or so to prevent sticking. Stir through the grated parmesan and season with a decent amount of salt and pepper.

Serve topped with the chopped pistachios and extra parmesan.

*Source: Heavily adapted from Vegetarian Cooking: A Common Sense Guide
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