



## Grilled English asparagus and lemon risotto.

### Ingredients

400g of Arborio rice  
1.2 ltr of good veg stock  
1 medium onion  
1 garlic clove  
15ml of white wine  
2 lemons  
300g of English asparagus  
50g of parmigiano regano  
20g of butter  
Olive oil  
Rocket for garnish

In a large saucepan keep the stock hot, but don't let it boil.

1 Finely chop the onion and garlic.

2 In another large saucepan, heat up the oil, cook the onion and garlic gently until golden. Stir frequently.

3 Add the rice and stir until dry.

4 Add the white wine. Stir well.

5 Add the pre-grilled asparagus. Stir.

6 Add the stock little by little. It should take around 18 minutes to cook the rice.

7 When the stock's finished remove from the heat, add the butter, the lemons juice and zest, the parmesan and stir well. Let it set 2 minutes and serve with rocket on the top.

To grill the asparagus, pre-boil them 2 minutes in the stock, and grilled them on a grill, or a frying pan. Cut them the size you like.