

## Creamy Pea & Asparagus Risotto

with Goat Cheese, Walnuts & Mint



Toothsome Arborio rice is risotto's secret weapon - its starches help create a decadent sauce without a drop of cream. Of course, it doesn't hurt to add a little creamy goat cheese to the mix. Tender asparagus, bright mint, and sweet peas bring us Spring on a plate.



45 min



level 2





veggie



Arborio Rice





Asparagus







Stock Concentrate





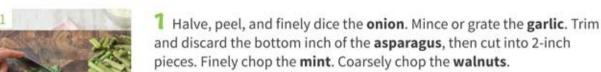




Asparagus		1 bunch	2 bunches	
Peas		4 oz	8 oz	
Walnuts	1)	1 oz	2 oz	
Stock Concentrate		2	4t	
Garlic		2 cloves	4 cloves	
Onion		1	2	
Mint		1 sprig	2 sprigs	
Goat Cheese	2)	2 oz	4 oz	
Butter*	2)	1 T	2 T	
Nutrition per person C	alories: 562 cal	Carbs: 81g   Fat: 21g	Protein: 19g   Fiber: 8g	
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2 People

3/4 C



stock on low heat to keep warm.



Ingredients

Arborio Rice

🔧 Heat 1 tablespoon **butter** in a medium pan over medium heat. Add the onion and garlic and cook for 5 minutes, until softened. Season with salt and pepper.

In a medium pot, bring 4 cups of water to a boil with the stock concentrates. Once boiling, add the asparagus into the stock for about 1 minute. Remove with a slotted spoon and set aside. Keep the

4 People

1 1/2 C

\*Not Included

Allergens 1) Nuts 2) Milk

Tools

Slotted Spoon

Medium Pot, Medium Pan,

Once the onions are softened, add the Arborio rice and cook, stirring, for about 2 minutes, until translucent. Begin adding the stock 1/4 cup at a time, stirring after each addition, until absorbed.



5 Once the risotto is almost done, add the asparagus, peas, half the goat cheese, and half the mint. Continue cooking until rice is soft but still has a bit of bite to it, 30-40 minutes total.

o Serve the risotto. Garnish with chopped walnuts, remaining goat cheese, and a sprinkle of remaining mint. Enjoy!

