

Wild Garlic & Asparagus Risotto with Toasted Pine Nuts

100g carnaroli rice
1 shallot or small onion (diced)
1 clove garlic (chopped)
350ml vegetable stock (hot)
1 bunch British asparagus
Pine nuts (handful)
50g wild garlic (shredded)
50g freshly grated parmesan
1 tablespoon mascarpone
115g butter (salted)
Half a lemon
Olive oil
Seasoning

Roast the asparagus in a hot oven with half a lemon, salt & olive oil. Lightly toast pine nuts in sauté pan with a splash of olive oil.

Sauté the shallots, garlic in the butter for a minute on a low heat- ensuring no colour.
Add the rice & cook for 2 mins to coat the rice

Slowly add the hot stock one ladle at a time until rice is just cooked 'al dente'
Add the parmesan, mascarpone & finely shredded wild garlic plus some of the juices from roasting the asparagus to finish.

Check seasoning & spoon into a bowl, top with the roasted asparagus & toasted pine nuts.

