



Healthier risotto primavera

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g asparagus
- ☐ 2 tbsp olive oil
- ☐ 1 bunch spring onion ends trimmed sliced (9)
- ☐ 175 g pea-mond dressing fresh
- ☐ 250 g avarakkai / broad beans fresh shelled
- ☐ 2 tbsp basil shredded
- ☐ 2 tbsp chives snipped
- ☐ 1 tbsp mint leaves finely chopped

- ☐ 1 lemon zest finely grated
- ☐ 1.7 litres vegetable stock (we used Marigold)
- ☐ 4 shallots finely chopped
- ☐ 3 garlic clove finely chopped
- ☐ 300 g arborio rice
- ☐ 150 ml wine dry white
- ☐ 25 g parmesan grated (or vegetarian alternative)
- ☐ 25 g arugula

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ sieve

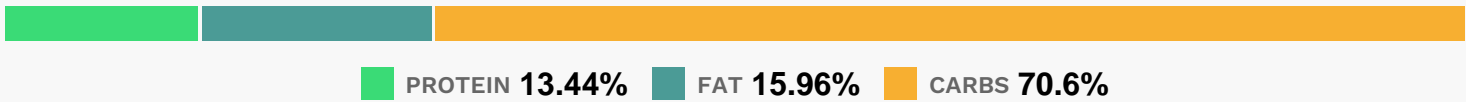
Directions

- ☐ Cut the woody ends off the asparagus, then slice the stems into 5cm diagonal lengths.
- ☐ Heat half the oil in a large, wide non-stick frying pan. Tip in the asparagus and stir-fry over a medium-high heat for about 4 mins or until nicely browned all over (Step 1). Stir in the spring onions and fry for 1-2 mins with the asparagus until browned.
- ☐ Remove, season with pepper and set aside. Cook the peas and beans separately in a little boiling water for 3 mins each, then drain each through a sieve. When the broad beans are cool enough to handle, pop them out of their skins. Set the peas and beans to one side.
- ☐ Mix the basil, chives, mint and lemon zest together in a small bowl and season with pepper (Step 2). Set aside.
- ☐ Pour the stock into a saucepan and keep it on a very low heat.
- ☐ Pour the remaining oil into a large, wide saut pan. Tip in the shallots and garlic, and fry for 3-4 mins until soft and only slightly brown. Stir in the rice and continue to stir for 1-2 mins over a medium-high heat. As it starts to sizzle, pour in the wine and stir again until the wine has been absorbed. Start to stir in the hot stock, 1 ladlefuls at a time (Step 3), so it simmers and is

absorbed after each addition. To tell when it is ready to have the next 1 ladlefuls added, drag the spoon across the bottom of the pan and it should leave a clear line. Keep stirring the whole time, to keep the risotto creamy. Continue adding the stock as above after 20 mins the rice should be soft with a bit of chew in the middle. If it isnt, add more stock you should still have at least a ladleful of stock left at this point. Season with pepper, you shouldnt need to add any salt.

- ☐
- Take the pan off the heat.
- ☐
- Pour over a ladleful of the remaining stock to keep the mixture fluid, then scatter over all the vegetables, a grinding of pepper, half of the herb mix (Step
- ☐
- and half the cheese. Cover with the pan lid and let the risotto sit for 3–4 mins to rest. Gently stir everything together, if necessary adding a drop more remaining stock for good consistency. Ladle into serving dishes and serve topped with a small pile of rocket and the rest of the herbs and cheese scattered over.

Nutrition Facts



Properties

Glycemic Index:134.75, Glycemic Load:59.21, Inflammation Score:-10, Nutrition Score:31.514348028147%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.36mg, Isorhamnetin: 5.36mg, Isorhamnetin: 5.36mg, Isorhamnetin: 5.36mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg

Nutrients (% of daily need)

Calories: 571.18kcal (28.56%), Fat: 9.72g (14.95%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 96.78g (32.26%), Net Carbohydrates: 85.24g (31%), Sugar: 10.59g (11.76%), Cholesterol: 4.25mg (1.42%), Sodium: 1804.55mg (78.46%), Alcohol: 3.92g (100%), Alcohol %: 0.63% (100%), Protein: 18.42g (36.84%), Folate: 398.41µg (99.6%), Manganese: 1.62mg (80.97%), Vitamin K: 79.17µg (75.4%), Vitamin B1: 0.73mg (48.75%), Fiber: 11.54g (46.15%), Iron: 7.95mg (44.16%), Vitamin A: 2083.96IU (41.68%), Phosphorus: 340.37mg (34.04%), Copper: 0.66mg (33.06%),

Selenium: 18.21µg (26.01%), Magnesium: 99.26mg (24.81%), Vitamin B3: 4.83mg (24.13%), Vitamin B6: 0.45mg (22.69%), Potassium: 706.26mg (20.18%), Zinc: 2.93mg (19.54%), Calcium: 171.32mg (17.13%), Vitamin B2: 0.29mg (17.03%), Vitamin B5: 1.66mg (16.64%), Vitamin C: 13.53mg (16.4%), Vitamin E: 2.25mg (15%), Vitamin B12: 0.08µg (1.25%)