

# **ASPARAGUS - LEMON RISOTTO**

**VEGAN & GLUTEN-FREE**

**4 portions**

## **INGREDIENTS:**

**1 bunch asparagus  
4 dl risotto rice  
1 organic lemon (zest and juice)  
2 dl vegan white wine  
4 shallots  
2 – 3 garlic cloves  
1 vegetable bouillon cube  
2 tbsp dairy-free margarine (e.g. Becel Gold)  
2 tbsp cooking oil (e.g. olive)  
1 dl nutritional yeast flakes  
Salt  
Black pepper  
Sunflower seeds  
Fresh thyme**

**NOTE: You can get nutritional yeast in most big supermarkets in Finland. A few Google searches will probably save a lot of time so find out where you can get them in your area before going to your nearest store. 😊**

- 1. Roast the sunflower seeds on a pan until they get some color. Then move them aside.**
- 2. Wash the lemon carefully, grate the zest, squeeze the juice and move them aside.**
- 3. Wash the asparagus spears, cut off the hard bottom parts and cut the edible part into 3 – 4 pieces.**
- 4. Boil up some water, add salt to it and cook the asparagus bits in it for 3 mins. Save 1 l of that water and pour the rest away. Put the asparagus bits aside. Add the vegetable stock bouillon to the saved water and stir. Then move the water aside aswell.**

- 5. Peel and chop the shallots and garlic cloves.**
- 6. Heat up a pan and add the margarine and oil to it. Add the shallots and garlic to the pan and sweat them for a bit. Then add all of the rice and a little bit more of margarine to the pan. Sweat the rice, shallots and garlic for a bit.**
- 7. Add lemon zest, lemon juice and white wine to the pan. Let the liquids get sucked up to the rice. Constantly stir.**
- 8. Keep the pan on a mild heat. Add the vegetable stock little by little. Keep stirring and let the stock absorb to the rice before adding more. Not all of the stock needs to be used necessarily.**
- 9. The risotto is almost ready once the rice has softened but still has a little texture.**
- 10. Add the asparagus bits, black pepper, salt if needed and the nutritional yeast. Save some of the asparagus tips for the final touches. Let the risotto cook for another 5 mins.**
- 11. Serve and eat immediately. Top each serving with a few tips of asparagus, some fresh thyme and roasted sunflower seeds.**