



## Creamy Asparagus & Lemon Risotto

**Total Time :**

 - 35 min

- Préparation : 10 min
- Cook : 25 min

### **Ingredients (Serves 2-3)**

- 200 g arborio rice
- 1 bunch green asparagus
- 1 organic lemon (zest + juice)
- 1 onion
- 1L hot vegetable broth
- 2 tbsp olive oil
- 3 tbsp grated parmesan or nutritional yeast

### **Instructions :**

- *Slice the onion, cut the asparagus into sections.*
- *Brown the onion in the oil.*
- *Add the rice and pearl for 2 minutes.*
- *Pour in a ladle of hot broth and stir until absorbed. Repeat for 20 min.*
- *Add the asparagus halfway through cooking.*
- *Remove from the heat: add zest, juice and parmesan/yeast.*

**Plumes des Etoiles**