

## Recipe of the Week 29

### Asparagus Risotto

The Asparagus Risotto is a tasty way to enhance your carbohydrate intake for intense phases of training. The dish makes an ideal evening meal after intense PM workouts to replenish glycogen stores in preparation for the next training session.

Tip – Experiment added different vegetables to the dish to increase the micronutrient content of the dish.



**Serves: 1 - 2**  
**Preparation time: 10 -minutes**  
**Cooking time: 35-minutes**

#### Ingredients

600ml water/vegetable water  
1 vegetable stock cube  
12 young asparagus spears  
1 tablespoon of olive oil  
1 small onion, peeled and finely chopped  
150g risotto rice (wholegrain preferably )  
2 tablespoons of petit pois (fresh or frozen)  
20g roughly grated parmesan  
Freshly ground black pepper

#### Each serving contains

Energy (kcal) – 420kcal  
Carbohydrates –58g  
Protein – 16g  
Fat – 12 (3g saturated)

#### Method

1. In a medium saucepan, bring half the vegetable stock to the boil and blanch the asparagus spears for a couple of minutes.
2. Drain the asparagus, saving the stock for use later. Run some cold water over the asparagus so that it stops cooking, then drain fully, chop on the diagonal into 1cm (½”) pieces and leave to one side.
3. Wipe out the saucepan and put back on the heat. Measure out the olive oil and add the chopped onion. Cook, stirring, until the onion is transparent.
4. Add the risotto rice and stir on a medium-to-low heat for a further two minutes, stirring to coat the rice with the oil.
5. Start adding the stock, a ladle at a time, stirring constantly and only adding more when the stock has been fully absorbed.
6. After about 20-25 minutes, when there is just a ladle of stock left, add the peas and stir in the chopped asparagus stalks, keeping the tips as a garnish. Cook for a further 5 minutes, until the rice is soft but with a little ‘bite’. (Note: cooking times will increase if using wholegrain rice.)
7. Serve in warmed bowls. Sprinkle with a little coarse grated parmesan and freshly ground black pepper, and top with the heads of the asparagus

Recipe adapted from: [www.wcrf-uk.org](http://www.wcrf-uk.org)  
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