

# Asparagus, mushroom & pea risotto



## Asparagus, mushroom & pea risotto

### Ingredients:

4 cups vegetable stock  
300g fresh button mushrooms, sliced  
2 tbs olive oil  
1 medium onion, finely chopped  
2 garlic cloves  
2 cups Arborio rice  
2 bunches asparagus, trimmed and cut into 5cm lengths  
300g green peas, shelled  
60g feta cheese, crumbled  
salt and ground black pepper

### Health benefits:

#### Mushrooms

Mushrooms provide a good source of B vitamins niacin, folate and a rare food source of biotin (vitamin H). No fat and low in kilojoules.

### Method:

1. Place stock and mushrooms into a medium saucepan and bring to the boil over medium-high heat.
2. Meanwhile, heat oil in a large saucepan over medium heat. Add onion and garlic and cook for 3 minutes or until onion is soft. Add rice and stir until well coated with oil.
3. Stir in boiling mushroom stock. Reduce heat to low, cover and simmer, stirring occasionally, for 15 minutes.
4. Add asparagus and peas, cover and cook for 5 minutes or until vegetables are just tender. Remove from heat, stir in feta and season with salt and pepper to taste. Serve immediately.

**Serves:** 4

**Preparation:** 20 minutes

**Cooking:** 25 minutes

**SYDNEY MARKETS™**

*Supplying quality fresh fruit & vegetables*

**SYDNEY MARKETS™**

© Sydney Markets Limited