

Asparagus, crab and lemon risotto



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Preparation: about 15 minutes
Cooking: about 20 minutes
Serves: 4

4 cups fish or chicken stock
2 tbs olive oil
2 garlic cloves, finely chopped
1 brown onion, finely chopped
2 cups Arborio rice
½ cup dry white wine
2 bunches asparagus, cut into
2cm lengths
500g fresh green peas, shelled
140g tub fresh crabmeat**
salt and ground black pepper
1 lemon, juiced and rind finely
grated
½ cup finely grated parmesan

**Arborio rice is short-grain rice ideal for risotto. It's available from supermarkets and delis.*

***Crabmeat is available in the fridge section in major supermarkets.*

1. Bring stock to the boil in a saucepan over medium-high heat. Meanwhile, heat oil in a large saucepan over medium heat. Add garlic and onion and cook, stirring often, for 3–4 minutes or until onion is tender. Add rice to pan and stir to coat in oil. Cook, stirring constantly, for 1–2 minutes or until rice starts to become transparent. Add wine and simmer until wine has almost evaporated.
2. Gradually add small ladlefuls of boiling stock to rice, stirring constantly. Add asparagus and peas to pan when half the stock has been added to rice. Stir in crabmeat with the last ladleful of stock (rice should be just tender).
3. Remove from heat and season with salt and pepper to taste. Stir in lemon juice and rind and parmesan. Serve with extra grated parmesan if desired.