

Asparagus, green pea & chorizo risotto



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Preparation 30 mins | Cooking 25 mins | Serves 4

4½ cups chicken stock
1½ tbs olive oil
1 chorizo sausage, finely diced
1 medium brown onion, finely chopped
2 garlic cloves, finely chopped
2 cups Arborio rice
500g fresh green peas, podded
2 bunches asparagus, trimmed and sliced
50g feta cheese, crumbled

STEP 1 Bring stock to the boil in a medium saucepan. Meanwhile heat 2 tsp oil in a large saucepan over medium heat. Add chorizo and cook, stirring often, for 3-4 minutes or until crisp. Transfer to a plate lined with paper towel. Set aside.

STEP 2 Heat remaining 1 tbs oil in the pan over medium heat. Add onion and garlic and cook, stirring often, for 3-4 minutes until softening. Add rice and stir until well coated with oil. Adding a ladleful at a time, gradually add hot stock, stirring after each addition. Add peas and asparagus when half the stock has been added. Continue to gradually add stock, ladleful at a time. When all the stock is added, stir through chorizo. Sprinkle with feta and serve.

Good for you... **ASPARAGUS**

One of the best sources of natural folate. This B complex vitamin is important throughout life for normal function of the immune system. A source of vitamin C which contributes to protecting body cells from damage from free radicals.

