

# WCOOK

## Emerald Asparagus Risotto

with spinach & hazelnuts

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Painted Wolf Wines | The Den Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	599kJ	3095kJ
Energy	143kcal	740kcal
Protein	4.7g	24.3g
Carbs	18g	93g
of which sugars	2.2g	11.5g
Fibre	1.9g	10g
Fat	5.7g	29.4g
of which saturated	2.6g	13.3g
Sodium	225mg	1161mg

**Allergens:** Cow's Milk, Egg, Allium, Sulphites, Tree Nuts, Alcohol

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100g	200g	Asparagus <i>rinse</i>
10g	20g	Hazelnuts <i>roughly chop</i>
40g	80g	Green Leaves <i>rinse</i>
15ml	30ml	Italian Seasoning <i>(5ml [10ml] Vegetable Stock &amp; 10ml [20ml] NOMU Italian Rub)</i>
100ml	200ml	Risotto Rice
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
50ml	100ml	White Wine
30g	60g	Italian-style Hard Cheese <i>peel into ribbons</i>
40ml	80ml	Crème Fraîche
10ml	20ml	Lemon Juice

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Blender  
Butter

- 1. PREP THE ASPARAGUS** Break the thicker, hard ends off of the asparagus and discard. Cut off the soft tips and keep to one side. Cut the remaining stalks into bite-sized pieces and set aside.
- 2. A CRUNCHY ADDITION** Place the hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. A TASTY TIP** Return the pan to medium heat with a drizzle of oil. When hot, fry the asparagus tips until charred, 3-4 minutes (shifting occasionally).
- 4. A GORGEOUS GREEN** Return the pan to medium heat with a drizzle of oil. When hot, fry the asparagus pieces until charred, 3-4 minutes per side. Remove the stalks from the pan and place into a blender with ½ the spinach, and 50ml [100ml] of water, seasoning, and a drizzle of oil. Pulse until smooth and creamy. Set aside.
- 5. READY THE RISOTTO** Boil the kettle. Dilute the Italian seasoning with 600ml [1.2L] of boiling water. Place a pot for the risotto over medium heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic and the risotto. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until reduced, 1-2 minutes. Add a ladleful of the stock and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of Italian seasoning when the previous one has been fully absorbed. Repeat this process until the risotto is cooked al dente, 20-25 minutes.
- 6. MAKE IT CHEESY & CREAMY** Remove from the heat and stir through ½ the cheese, the blended asparagus purée, the crème fraîche, the lemon juice (to taste), the remaining spinach, a generous knob of butter, and seasoning. Loosen with a splash of warm water if too thick.
- 7. A TRIUMPH!** Plate up a generous portion of the emerald risotto and top with the tender asparagus tips. Scatter with the nuts, drizzle over any remaining lemon juice, and the remaining cheese. Wow, Chef!