

## ASPARAGUS RISOTTO

**Food Fact:-**

Asparagus is a good source of fibre, folates and vitamins A, C, E and K.

It is said to help arthritis and rheumatism and also for kidney and liver problems. Use the fresh green British asparagus when it has its short season in May.

**Preparation time**      **4 MINS**

Serves 4

**Cooking time**        **20 MINS**

**Ingredients**

1. Put the margarine and spring onions in a bowl, cover and cook for 2 minutes on FULL power.
2. Add the rice and half the stock to bowl, cook uncovered for 10 minutes on FULL power.
3. Add the vegetables and the rest of stock, cook for 10 minutes on FULL power or until rice is cooked (if too thick add some extra stock)
4. Stir in the yoghurt and pepper and add some parmesan to taste.
5. Serve with a crisp green salad

25g margarine  
 4 spring onions, finely chopped  
 250g risotto rice  
 900ml vegetable stock, may need a little extra  
 150g fresh or frozen peas or a mixture with broad beans  
 100g asparagus spears  
 60g Natural yogurt  
 Black Pepper  
 Parmesan cheese

