

Asparagus and Chive Risotto. #makeyourchoicemondaypku #winnerwednesdaypku
#dontforgetmefridaypku #pkuchefrecipe #pkuchef #pku #pkuawareness

Ingredients.



150g of ASPARAGUS, end of stalk removed
- 3g of Protein.

800ml of WATER, Salted.

25g of VITALIFE DAIRY FREE SPREAD -
0g of Protein.

100g of WHITE ONION, finely chopped - 1g
of Protein.

175g of ARBORIO RICE - 4g of Protein.

100g of VIOLIFE CREAMY SOFT CHEESE
- 0g of Protein.

25g of CHIVE, chopped finely - 0.8g of
Protein.

EXTRA VIRGIN OIL - 0g of Protein.

Method.

1. In a pan bring the water to boil and par cook the ASPARAGUS in the SALTED WATER. Once cooked, remove from water and allow to cool, keep the water on slow heat as this will be your cooking liquid.
2. In a heavy based pan heat the OIL and half of the SPREAD, once hot add the ONIONS and ASPARAGUS until the ONIONS are soft. Add the RICE and stir continuously until the RICE starts to turn transparent.
3. Add the WATER you have set aside, LADLEFUL at a time, stirring between each LADLE until all is absorbed. About 15minutes.
4. Try the RICE, it should be almost cooked with a light bite to it. At this stage add the rest of the SPREAD, VIOLIFE CREAMY and the CHIVES.
5. Reduce heat to low and fold all the ingredients in together making sure the SPREAD and VIOLIFE CREAMY has mixed throughout the entire dish.
6. Serve immediately and enjoy this creamy dish.

This recipe will create a meal for three with the combined Protein content being 8.8g.

This comes in at 2.9g of Protein for one portion, but for a creamy, cheesy hearty meal that will fill you for the entire day, less than 3g of Protein is a win in my eyes.

This recipe is by far my favourite rice dish.

Josh - The PKU Chef