



**The Gathered Green**

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## **RISOTTO WITH ASPARAGUS, FENNEL & LEEKS**

Thank you to myrecipes.com for the inspiration towards this recipe, and to delicious.com.au for the picture.

*Serves 6*

### **Ingredients**

- 5 cups chicken broth (home-made or additive free)
- 1 tablespoon coconut oil
- 1 medium leek, washed and thinly sliced
- 1 small fennel bulb, thinly sliced
- 1 ½ cups uncooked Arborio rice or other short-grain rice
- ¼ cup dry white wine
- 1 bunch of asparagus, cut diagonally into 3cm pieces (woody ends removed)
- ½ teaspoon finely chopped fresh rosemary
- ¼ cup grated fresh Parmesan
- Black pepper to taste





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## Method

Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.

Heat oil in a saucepan over medium-high heat; add the leek and fennel, and sauté for 5 minutes or until tender.

Add the rice, and cook for 1 minute, stirring constantly. Stir in the wine, and cook for 1 minute or until the liquid is nearly absorbed, stirring constantly.

Add the asparagus, rosemary and remaining broth,  $\frac{1}{2}$  cup at a time, stirring constantly until each portion of the broth is absorbed before adding the next (about 15 minutes total).

Stir in grated Parmesan.

Season with black pepper to taste.

Enjoy!

Jane

