

Asparagus & pancetta risotto



Simple recipe,
tasty result

Speedy supper

Serves
4

Prep in
5

Cook in
25

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Here for you for life

Asparagus and pancetta risotto

SERVES: 4

TAKES: 5 MINUTES TO MAKE
& 25 MINUTES TO COOK

140g pack Co-operative
diced pancetta

1 large onion, peeled and chopped

2 cloves garlic, peeled
and finely chopped

300g Co-operative risotto rice

800ml hot water

100g frozen peas

200g asparagus, trimmed
and halved

50g Parmesan cheese, finely grated

To serve, a green salad and
a handful of toasted pine nuts
(optional)

1 Preheat the oven to 200°C/fan
180°C/Gas 6. Put the pancetta
in a flameproof casserole dish
and cook over a medium heat
for 2 minutes.



2 Add the onion and garlic and
soften for 3-4 minutes. Stir in the
rice and water, cover and bake
for 10 minutes.

3 Take out of the oven and stir
in the peas and asparagus. If all
the water has been absorbed, add
another 100ml. Re-cover and
cook for 10 minutes more until
the rice is tender and all the water
has been absorbed. Stir in half
the Parmesan. Serve with a green
salad, the remaining cheese and
a sprinkling of toasted pine nuts,
if you like.

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approx. per serving (serves 4)*

ENERGY 2200kJ 525kcal 26%	FAT 21.3g HIGH 30%	SATURATES 7.8g HIGH 30%	SUGARS 4.2g LOW 5%	SALT 1.7g MED 28%
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*% of adult's reference intake

carbohydrates per serving: 64.6g

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