Vegan spring risotto with green vegetables

Spring fever is on its way! This vegan risotto is a delicious combination of fresh asparagus, crunchy peas, cashew nuts and vegan parmesan.

Zutaten
4 Portionen

200 g Risotto rice
500 g Asparagus, green
80 g Sugar snap peas
50 g Cashew nuts
2 Piece Shallots
2 Piece Garlic cloves
100 ml Organic white wine, vegan
800 ml Vegetable stock
15 g Yeast flakes
100 g Edamame
100 g Peas
4 EL Byodo Roast Olive Mediterranean
1 Splash Lemon juice
Zest of half an organic lemon
Byodo sea salt
Pepper

Zubereitung

Wash the vegetables, cut off the woody ends of the asparagus and remove the stem ends of the mangetout and cut into long pieces. Roughly crush the cashew nuts and toast in a pan. Peel and chop the shallots and garlic.
Place 2 tablespoons of Byodo Brat-Olive in a pan and sauté the onions. Add the risotto rice and garlic and sauté while tossing. Deglaze with white wine. Stir until the wine has evaporated, then add ladles of vegetable stock and simmer while stirring. Keep adding the vegetable stock and stirring until you have a creamy risotto.
While the risotto is simmering, heat 2 tablespoons of frying olive oil in a separate pan. Add the green asparagus and fry for approx. 8 minutes, depending on the thickness of the spears. Then season with salt and pepper.
The risotto rice should cook for about 20 minutes. Eight minutes before the end of the cooking time, add the sugar snaps, four minutes before the end add the peas and edamame. Finally, stir in the yeast flakes and refine the risotto with a dash of lemon juice, salt and pepper.
Serve the finished risotto with the asparagus spears and sprinkle with roasted cashew nuts, lemon zest and vegan Parmesan.