



## Asparagus Risotto Recipe

This Ayurvedic asparagus risotto is a comforting seasonal recipe that supports digestion while celebrating fresh spring vegetables.

**Servings:** 2-3

**Preparation Time:** 35 minutes (10 minutes prep, 25 minutes cooking)



### Ingredients

- 1-2 tbsp **ghee** (or make your own **ghee**) or **coconut oil**
- 1 tsp **oregano**
- 1/2 tsp **thyme**
- 1/2 tsp **rosemary**
- 1/8 tsp fresh-ground **black pepper**
- 1/2 cup **arborio rice** (washed and drained)
- 1 cup chopped asparagus (tender tips preferred, but stems can be chopped small to reduce strings)
- 1 tsp **Himalayan salt** (or to taste)
- 3 cups hot water or vegetable broth (add more as needed) (I usually keep this simmering in a separate pan)
- 1/4 cup fresh Parmesan cheese, grated
- 1 tbsp fresh parsley or cilantro (for garnish)

## Asparagus Risotto Recipe (Cont.)



### Instructions

- Heat 1 tbsp of ghee (or coconut oil) in a pot over low heat.
- Once the ghee/oil is hot, add oregano, thyme, rosemary, and black pepper, and let them sizzle until you smell their aroma.
- Add chopped asparagus and 1/2 tsp of the salt and saute until bright green.
- Remove the asparagus from the pot, but try to leave some of the spices in the bottom of the pan.
- Add a little more ghee (or coconut oil), then add rice and the rest of the salt and stir gently to coat in the spices for 1-2 minutes.
- Pour in 1 cup of hot water (or broth).
- Stir and cook until mostly absorbed.
- Continue adding water (or broth) 1/2 cup at a time, stirring often, allowing liquid to absorb before adding more.
- After 20 minutes, add the Parmesan cheese.
- Stir the asparagus back in.
- Continue cooking and stirring often until rice is soft and creamy, about 25 minutes total.
- Garnish with fresh herbs.
- Serve warm. Ideal with a side of steamed greens or warm beetroot salad.

## Asparagus Risotto Recipe (Cont.)



While cooling, this is excellent for all types during the hot summer months. If digestion is slow or irregular, add a little ginger or chili.

*Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.*

*With love + wishes  
for balanced Agni,  
Belinda*

