



A HEALTHY BITE!

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ASPARAGUS RISOTTO

INGREDIENTS

- ▶ 200 g risotto rice (Arborio)
- ▶ 400 g white or purple asparagus
- ▶ 20 g butter
- ▶ 2 tbsp oil
- ▶ ¾ litre vegetable stock
- ▶ 1 spring onion and 1 clove garlic
- ▶ 40 g Parmesan cheese
- ▶ ½ chopped onion
- ▶ salt and pepper to taste

15
min.

PREPARATION

Peel the asparagus and cut into small pieces. Braise chopped onion with butter in pan. Add half of the asparagus and the finely chopped garlic. Add rice and stir to coat. Add stock and bring to the boil, stirring gently from time to time to prevent rice sticking. Meanwhile, stir fry rest of the asparagus lightly in oil and season to taste with salt and pepper. Once all the stock is absorbed, add the stir fried asparagus together with the Parmesan cheese.



ASPARAGUS SALAD

WITH EGG MIXTURE

INGREDIENTS

- ▶ 300 g purple asparagus
- ▶ 40 g green lettuce
- ▶ 2 hard boiled eggs
- ▶ 40 g smoked bacon, diced cooked and cooled
- ▶ 2 tbsp mayonnaise
- ▶ 2 tbsp natural yogurt
- ▶ 1 tbsp lemon juice
- ▶ 1 tbsp pine nuts
- ▶ salt and pepper to taste

PREPARATION

Cut the eggs with an egg slicer into small pieces. Combine the yoghurt, mayonnaise, lemon juice, bacon pieces, lettuce, salt and pepper, then gently mix in the egg. Cut the asparagus into thin slices and add to the egg mixture. Garnish with asparagus heads before serving.

10
min.



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RECIPES

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