

Green Asparagus with Rice



PREPARATION TIME

20 min



COOKING TIME

20 min



SERVES

4

INGREDIENTS

- 1 kg green asparagus
- 150 g Camargue semi-brown rice
- 1 yellow bell pepper
- 100 g shallots
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- 1 heaping tablespoon organic vegetable bouillon powder
- 80 cl water

INSTRUCTIONS

Heat the water with the vegetable bouillon. Wash the asparagus and trim the ends. Steam for 15 minutes.

Wash and cut the bell pepper into thin strips after halving it and removing the seeds. Peel and mince the shallots.

In a skillet with olive oil, coat the rice with the oil, stirring constantly. Add the vegetable broth with a ladle until the rice is covered. Stir and add broth regularly so the rice cooks evenly. After 10 minutes, add the bell pepper and shallots, and continue adding broth and stirring regularly until the rice is fully cooked (the rice should still be slightly al dente).

Cut the asparagus into 4-5 cm pieces. Add the asparagus to the rice along with the sesame oil. Mix and serve immediately.

Tip: You can substitute homemade vegetable broth for the powdered vegetable broth; freeze it in ice cube trays for easy storage.