

Asparagus, Saffron & Lemon Risotto

An Ayurvedic Spring Recipe



@sundarayogawellness

Ingredients



Arborio
rice



Fresh asparagus,
trimmed and
cut into pieces



Saffron
threads



Fresh lemon —
zest and juice



Vegetable
stock



Onion, finely
chopped



Garlic, finely
chopped



Ghee



Dry white
wine, optional



Fresh parsley or
other fresh herbs



Parmesan
cheese, optional



Sea salt



Freshly ground
black pepper

Preparation



1

Prepare the saffron:

Soak the saffron threads in a little warm water and allow them to gently infuse.



2

Warm the stock:

Keep the vegetable stock warm in a separate saucepan.



3

Sauté the aromatics:

Warm the ghie in a large pan. Add the onion and garlic and cook gently until soft and fragrant.



4

Toast the rice:

Add the Arborio rice and stir for a couple of minutes until the grains are coated in the ghie and slightly translucent around the edges.



5

Add the saffron:

Stir in the saffron and its soaking liquid. If using wine, add it now and allow it to reduce.



6

Cook slowly:

Add the warm stock one ladle at a time, stirring regularly and allowing each addition to absorb before adding more. This gradual cooking creates the characteristic creamy texture of risotto while keeping the rice warm and soft.



7

Add the asparagus:

Add the asparagus towards the later part of cooking so it becomes tender but still slightly firm, stir through the lemon zest and juice.



8

Finish with lemon:

Once the rice is creamy and cooked but still slightly firm, stir through the lemon zest and juice.



9

Serve:

Season gently with sea salt and freshly ground black pepper. Finish with fresh herbs and Parmesan, if desired.

Why this works beautifully for Spring

From an Ayurvedic perspective, spring is associated with the accumulation and natural movement of Kapha dosha – the qualities of heaviness, moisture, coolness and sluggishness that can build during late winter and early spring.

As the weather begins to warm, Ayurveda traditionally favours foods that are lighter, warming, fresh, gently stimulating and easier to digest, while still being nourishing. This risotto balances those qualities beautifully.



Asparagus

light, fresh & spring-like

Asparagus is particularly beautiful in a spring recipe. Its fresh green character and bitter and astringent qualities make it a natural seasonal food to introduce as we move away from winter's heavier fare. Its fibre and naturally lighter quality complement a spring-focused meal.



Lemon

bright, fresh & digestive

Lemon brings sour rasa (taste), freshness and brightness to the dish. Its acidity cuts beautifully through the creamy rice and ghee, making the meal feel lighter and more vibrant. In Ayurveda, sour taste can also help awaken the appetite and support digestive interest.



Saffron

aromatic, warming & subtle

Saffron is traditionally valued in Ayurveda for its aromatic and warming qualities. A small amount brings warmth, fragrance and colour to the meal without making it feel heavy. It is a beautiful example of how a little spice can transform a simple dish.



Rice

grounding & nourishing

Rice provides a gentle, grounding base for the dish. Because it is cooked slowly with warm liquid until soft and creamy, it creates a meal that feels comforting and nourishing while still allowing the brighter spring ingredients to take centre stage.



Ghee

nourishing & grounding

Ghee adds richness and a grounding quality to the dish, helping create the comforting texture of risotto while complementing the lighter, brighter qualities of the asparagus, lemon and saffron.