

## Chicken Stew with Green Asparagus and Strawberries on Styrian Pumpkin Seed Risotto



Main dish

Kind of recipe



80 Minutes

Preparation



middle

Severity



### Ingredients for 4 people

Stew: 600 g chicken breast ½ lemon (juice) salt ground pepper 2 tsp sweet paprika powder 500 g asparagus 200 ml vegetable stock 500 g strawberries raspberry vinegar or balsamic vinegar (to taste) 2 Tsp crème fraîche Risotto: 400 g risotto rice 1 small onion 1 Tsp butter 100 ml white wine app. ¾ l vegetable stock 2 Tsp Styrian Pumpkin Seed Oil P.G.I. 2 Tsp chopped Styrian pumpkin seeds

### Preparation

For the risotto sauté the chopped onions in butter, add the rice, pour with white wine and fill up with vegetable stock until the rice is slightly covered. Stir constantly and add stock gradually until the rice is al dente. At last add the chopped pumpkin seeds and the Styrian Pumpkin Seed Oil P.G.I. Meanwhile slice the chicken breasts and season with lemon juice, salt, pepper and paprika powder. Clean the asparagus, cut into bite-sized pieces, blanch and rinse with cold water. Fry the chicken slices, add the asparagus, pour with vegetable stock and simmer for 15 minutes. Cut the cleaned strawberries also into bite-sized pieces. Add them and crème fraîche to the finished stew and season with vinegar. Tip: As side dish field salad with Styrian Pumpkin Seed Oil P.G.I. goes well. Instead of chicken you can use lamb or tofu with wild strawberries. Try adding some fresh garden herbs (lemon thyme or mint leaves) for a different taste.

**Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch**