



UCCOOK

Roasted Roots on Barley Risotto

with Italian-style cheese & fresh basil

A delightful twist on a classic dish — you will barley believe it! Beautifully charred roasted butternut & beetroot sit atop a creamy & cheesy barley risotto. Finished off with vibrant basil & tart baby tomatoes to cut through the richness. When did your kitchen win a Michelin star, Chef?


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

150g	Beetroot Chunks <i>cut into bite-sized pieces</i>
200g	Butternut Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
40ml	White Wine
75ml	Pearled Barley
7,5ml	NOMU Vegetable Stock
40ml	Grated Italian-style Hard Cheese
50ml	Crème Fraîche
80g	Baby Tomato Medley <i>cut in half</i>
4g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. TURN UP THE BEET Preheat the oven to 200°C. Place the beetroot and butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

2. RISOTTO BASE Place a pot over a medium-high heat with a drizzle of oil and a knob of butter. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic, the chopped thyme, and the wine. Fry for 1-2 minutes until the wine has almost all evaporated, shifting frequently.

3. RAVISHING RISOTTO When the wine has almost all evaporated, add the barley and the stock to the pot with 350ml of salted water. Bring to the boil. Once boiling, reduce the heat. Simmer for 20-25 minutes, stirring occasionally as the water is absorbed and adding more only if required. On completion, the barley should be al dente.

4. IT'S A GO FOR THE RISOTTO When the barley is al dente, drain if necessary. Remove from the heat and stir through ½ the grated cheese, the crème fraîche, and a knob of butter. Mix until combined. Loosen with a splash of warm water if it's too thick.

5. WINNER OF A DINNER Generously pile up the creamy barley risotto and top with the roasted veg. Sprinkle over the remaining cheese and the halved tomatoes. Garnish with the torn basil. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	467kJ
Energy	112kcal
Protein	3.5g
Carbs	13g
of which sugars	1.8g
Fibre	2.7g
Fat	4.3g
of which saturated	2.4g
Sodium	206mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within 2
Days