

UCOOK

Majestic Mushroom Risotto

with exotic mushrooms, pecan nuts & fresh rosemary

Mushrooms, sour cream and fragrant garlic make up this creamy traditional risotto. Finished off with dollops of sour cream, crunchy pecan nuts and rosemary.

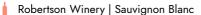
Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure





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Ingredients & Prep	
45ml	Vegetable Stock
45g	Pecan Nuts
2	Onions 1½ peeled & finely diced
375g	Mixed Exotic Mushrooms trimmed at the base & roughly chop into bite-sized chunks
8g	Fresh Rosemary rinsed, picked & finely chopped
3	Garlic Cloves peeled & grated
300ml	Arborio Rice
150ml	White Wine
45ml	Grated Italian-style Hard Cheese
150ml	Fresh Cream
12g	Fresh Parsley rinsed, picked & roughly chopped
1	Lemon 34 cut into wedges
From You	ır Kitchen
Oil (cook Salt & Per Water Butter (op	

boiling water. Place a pot or deep saucepan (large enough for the risotto) over a medium heat. Once hot, toast the pecan nuts for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion, roughly chop and set aside.

1. TOASTED NUTS Boil the kettle. Dilute the vegetable stock with 1L of

2. RADIANT RISO Return the pot or saucepan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and sauté for 4-5 minutes until soft and translucent. Add the chopped mushrooms and the chopped rosemary and fry for 3-5 minutes until soft and golden. Add the grated garlic and fry for a further 30-60 seconds until fragrant. Add the

rice, stir it through the onion and mushroom, and then fry for about a minute. Pour in the wine and simmer until evaporated. Add a ladleful of stock and allow it to be absorbed by gently simmering, stirring regularly. Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process for 20-25 minutes until the rice is cooked al dente. Remove from the heat and stir through 3/4 of the grated cheese, the cream and a generous knob of butter (optional).

3. PILE IT UP! Bowl up a generous helping of the creamy risotto, sprinkle with the remaining grated hard cheese and chopped parsley. Scatter over the toasted pecan nuts. Serve with a lemon wedge on the side. Dig in!

Nutritional Information

Per 100g

Energy

Energy

714kl

3.6g

21g

1.8g

2.1g

7.4g

3.1g

330mg

171Kcal

Protein

Carbs

of which sugars

Fibre

Fat

of which saturated Sodium

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook within 3 **Days**