



# U C O O K

— COOKING MADE EASY

## Basa & Cheesy Broccoli Risotto

with **NOMU Seafood Rub**, white wine & Italian-style hard cheese

Spring is here and risotto is the perfect dish, balancing warmth and creaminess with fresh flavours. Load with broccoli, cheese, and garlic, top with a herbed basa fillet, and sink into dreams of the Italian sea breeze...

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Tess Witney

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 **Easy Peasy**

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## Ingredients & Prep

|      |                                             |
|------|---------------------------------------------|
| 15ml | Vegetable Stock                             |
| 1    | Onion<br><i>one half peeled &amp; diced</i> |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>  |
| 75ml | Arborio Rice                                |
| 30ml | White Wine                                  |
| 10g  | Sunflower Seeds                             |
| 150g | Broccoli Florets                            |
| 1    | Basa Fillet                                 |
| 5ml  | NOMU Seafood Rub                            |
| 15ml | Grated Italian-Style Hard Cheese            |
| 20g  | Salad Leaves<br><i>rinsed</i>               |

## From Your Kitchen

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

**1. RISOTTO TIME** Boil the kettle. Dilute the stock with 400ml of boiling water. Place a pot over a low-medium heat with a drizzle of oil. When hot, sweat the diced onion for 2-3 minutes until soft and translucent. Add in the grated garlic and arborio rice, and mix evenly through the onion for about 30 seconds. Stir through the wine and simmer until evaporated. Add in a ladleful of stock and allow it to be absorbed by the rice by stirring regularly and gently simmering. 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.

**2. WHILE THE RISOTTO IS ON THE GO...** Place a nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**3. COOK THE BROCCOLI** Finely chop the broccoli into small pieces until it resembles the texture of rice. (Alternatively, blitz in a food processor if you have one.) Return the pan to a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the chopped broccoli for 3-4 minutes until cooked and becoming crispy, shifting occasionally. Remove from the pan on completion and set aside.

**4. GOLDEN BASA FILLET** When the risotto has 5 minutes to go, pat the basa dry with some paper towel and coat in the Seafood Rub to taste. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the fish for 2-3 minutes per side until cooked through and golden. Remove from the pan on completion.

**5. THOSE MAGIC TOUCHES** When the risotto is cooked, stir in the fried broccoli, half of the grated hard cheese, and a knob of butter (optional). Season to taste and remove from the heat. Toss the rinsed salad leaves with a drizzle of oil and some seasoning.

**6. DELICIOUS** Plate the fragrant basa fillet atop a generous pile of broccoli risotto. Dust with the remaining grated hard cheese and sprinkle over the toasted sunflower seeds. Serve the fresh, dressed leaves on the side. Bellissimo, Chef!



## Chef's Tip

Taste the risotto as you go because you may not need to use all of the stock. However, if the rice isn't cooked after you've added it all, simply stir in a ladle of water to continue the cooking process.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 488kj   |
| Energy             | 117Kcal |
| Protein            | 9.1g    |
| Carbs              | 15g     |
| of which sugars    | 1.6g    |
| Fibre              | 1.6g    |
| Fat                | 1.9g    |
| of which saturated | 0.4g    |
| Sodium             | 453mg   |

## Allergens

Egg, Dairy, Allium, Sulphites, Fish

Cook  
within 2  
Days