

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.

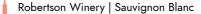
Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure





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Ingredients & Prep	
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15ml	Vegetable Stock
15g	Pecan Nuts
1	Onion ½ peeled & finely diced
125g	Mixed Exotic Mushrooms trimmed at the base & roughly chop into bite-sized chunks
3g	Fresh Rosemary rinsed, picked & finely chopped
1	Garlic Clove peeled & grated
100ml	Arborio Rice
50ml	White Wine
15ml	Grated Italian-style Hard Cheese
50ml	Fresh Cream
4g	Fresh Parsley rinsed, picked & roughly chopped
1	Lemon ¼ cut into wedges
From Yo	ur Kitchen
Oil (cook Salt & Pe Water Butter (op	

- 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 3-4 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,
- 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!

the cream and a generous knob of butter (optional).

Nutritional Information

Per 100g

Energy

714kl

3.6g

21g

1.8g

2.1g

7.4g

3.1g

330mg

171Kcal

Energy

Protein

Carbs

of which sugars

Fibre

Fat

of which saturated Sodium

Allergens

Alcohol

Egg, Dairy, Allium, Sulphites, Tree Nuts,

Cook within 3 Days