



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

 Vegetarian

 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

15ml	Vegetable Stock
15g	Pecan Nuts
1	Onion <i>½ peeled & finely diced</i>
125g	Mixed Exotic Mushrooms <i>trimmed at the base & roughly chop into bite-sized chunks</i>
3g	Fresh Rosemary <i>rinsed, picked & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
100ml	Arborio Rice
50ml	White Wine
15ml	Grated Italian-style Hard Cheese
50ml	Fresh Cream
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>¼ cut into wedges</i>

From Your Kitchen

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

1. TOASTED NUTS Boil the kettle. Dilute the vegetable stock with 400ml of 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.

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 $\frac{3}{4}$ 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	714kJ
Energy	171Kcal
Protein	3.6g
Carbs	21g
of which sugars	1.8g
Fibre	2.1g
Fat	7.4g
of which saturated	3.1g
Sodium	330mg

Allergens

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

Cook
within 3
Days