



UCCOOK

Mussels & Saffron Risotto

with white wine, tomato & fresh parsley

This dish harmoniously combines the goodness of plump mussels with the luxurious creaminess of saffron-infused risotto rice, creating a culinary symphony! The risotto is flavoured with Italian stock and saffron, creating a savoury & fragrant base for the wine-steamed mussels. Finished off with crumbled feta, fresh parsley, and a squeeze of lemon juice.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Rhea Hsu

 Adventurous Foodie

 Delheim Wines | Delheim Staying Alive
Riesling

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

60ml	Italian Stock <i>(30ml Chicken Stock & 30ml NOMU Italian Rub)</i>
150ml	Golden Water <i>(150ml Water & 0,3g Saffron)</i>
2	Onions <i>1½ peeled & roughly diced</i>
3	Garlic Cloves <i>peeled & grated</i>
300ml	Risotto Rice
180ml	White Wine
2	Tomatoes <i>1½ roughly diced</i>
600g	Mussels
12g	Fresh Parsley <i>rinsed & roughly chopped</i>
1	Lemon <i>zested & cut into wedges</i>
90ml	Crème Fraîche
60g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. LIQUID GOLD Boil the kettle. Dilute the Italian stock with 1.8L of boiling water. Stir through the golden water. Set aside.

2. IT'S A GO FOR RISOTTO Place a pot for the risotto over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add ½ the grated garlic and the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add ½ the wine and simmer until almost all evaporated, 2-3 minutes. Add a ladleful of the golden stock and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of golden stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 25-30 minutes.

3. WHEN THE RISOTTO HAS 10 MINUTES REMAINING... Place a pan (that has a lid) over medium heat with a drizzle of oil or a knob of butter. When hot, fry the remaining garlic and the diced tomato until fragrant, 1-2 minutes. Add the mussels, the remaining wine, and a splash of water. Cover with the lid and simmer until the mussels are heated through, 3-5 minutes. Stir through ½ the chopped parsley, a squeeze of lemon juice, the lemon zest (to taste), a sweetener, and seasoning.

4. FINISHING TOUCHES When the risotto is done, remove from the heat and stir through the crème fraîche, a knob of butter, and seasoning. Loosen with a splash of warm water if too thick.

5. DIG IN Dish up the saffron risotto. Top with the wine steamed mussels and crumble over the drained feta. Garnish with the remaining parsley. Finish off with a crack of black pepper and serve with any remaining lemon wedges. Cheers, Chef!

Nutritional Information

Per 100g

Energy	591kJ
Energy	141kcal
Protein	6.2g
Carbs	18g
of which sugars	1.8g
Fibre	1.1g
Fat	3.9g
of which saturated	2g
Sodium	347mg

Allergens

Dairy, Allium, Sulphites, Alcohol, Shellfish

Cook
within 1
Day