

UCCOOK

Sophie Germanier's Sweet Corn Risotto

with Italian-style hard cheese & toasted pine nuts

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Sophie Germanier

Nutritional Info	Per 100g	Per Portion
Energy	555kJ	3864kJ
Energy	133kcal	924kcal
Protein	3.9g	26.9g
Carbs	18g	126g
of which sugars	2.9g	20.5g
Fibre	2g	13.9g
Fat	4.7g	32.6g
of which saturated	1.8g	12.7g
Sodium	210mg	1459mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Alcohol, Allium

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15g	20g	Pine Nuts
60ml	80ml	Italian Vegetable Stock <i>(15ml [20ml] Vegetable Stock & 45ml [60ml] NOMU Italian Rub)</i>
300g	400g	Corn
90ml	125ml	Crème Fraîche
90g	120g	Italian-style Hard Cheese <i>grate ½ & peel ½ into ribbons</i>
2	2	Bell Peppers <i>rinse, deseed & dice 1½ [2]</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
300ml	400ml	Risotto Rice
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	White Wine
60ml	80ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

Butter

Blender

1. TOAST & PREP Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside. Loosen the pesto with a generous drizzle of olive oil.

2. FRY & BLEND Boil the kettle. Dilute the stock with 1.1L [1.3L] of boiling water. Return the pan to medium-high heat with a drizzle of oil. Fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan. Place ⅔ in a blender with the crème fraîche, the cheese, and 90ml [125ml] of the diluted stock. Blend until smooth and set aside.

3. CHAR Return the pan to medium-high heat with a drizzle of oil. Fry the pepper until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan, season, and set aside.

4. SIMMER & STIR Place a pot over medium heat with a drizzle of oil. When hot, sauté the onion until softened, 4-5 minutes. Add the risotto rice and the garlic. Stir until combined, 1-2 minutes. Mix in the wine and simmer until evaporated. Add a ladleful of the remaining stock and gently simmer until absorbed (stirring regularly). Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes. Mix through the blended corn and crème fraîche and 30g [40g] of butter.

5. EAT! Spoon the sweet corn risotto into a bowl. Scatter over the charred pepper, the remaining charred corn, the cheese ribbons, and the toasted pine nuts. Garnish with a drizzle of the pesto. Tuck in, Chef!