



# U C O O K

— COOKING MADE EASY

## Grilled Basa & Amalfi Risotto

**with sun-dried tomatoes & basil pesto  
crème**

Sleek and simple Italian cooking. Zip off to the Mediterranean coast with a golden basa fillet, tender kale, and tangy sun-dried tomatoes threaded through a rich and creamy risotto. Ciao bella!

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**Hands-On Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Deon Huysamer

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 **Easy Peasy**

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## Ingredients & Prep

10ml	Vegetable Stock
1	Onion <i>one half peeled &amp; finely diced</i>
75ml	Arborio Rice
1	Garlic Clove <i>peeled &amp; grated</i>
50ml	White Wine
10g	Sunflower Seeds
30ml	Crème Fraîche
20ml	Pesto Princess Basil Pesto
50g	Kale <i>rinsed &amp; roughly shredded</i>
1	Basa Fillet
25g	Sun-dried Tomatoes <i>drained &amp; roughly chopped (reserving the oil)</i>

## From Your Kitchen

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

**1. FRAGRANT RISOTTO** Boil the kettle. Dilute the stock with 400ml of boiling water. Place a pot for the risotto over a low-medium heat with a drizzle of oil. When hot, sweat the diced onion for 3-4 minutes until soft and translucent. Stir through the rice and grated garlic. Pour in the wine and simmer until evaporated. Add a ladle of stock and allow it to be absorbed by gently simmering, stirring regularly. Only add the next ladle when the previous one has been fully absorbed. Repeat for 20-25 minutes until the rice is cooked al dente.

**2. SEEDS & CRÈME** 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. Combine the crème fraîche with the basil pesto, season to taste, and set aside for serving.

**3. WILT THE KALE** When the risotto reaches the halfway mark, return the pan to a medium-high heat with a drizzle of oil. When hot, sauté the shredded kale for 2-3 minutes until wilted. On completion, transfer to a bowl and season. Cover with a plate and set aside to keep warm.

**4. GOLDEN FISH** Wipe down the pan if necessary and return it to a medium-high heat with another drizzle of oil. Pat the basa dry with paper towel and season. When the pan is hot, fry the basa for 2-3 minutes per side until cooked through and golden. Remove from the pan on completion.

**5. TIE IT ALL UP** When the risotto is cooked, stir through a knob of butter, the chopped sun-dried tomatoes, and the reserved sun-dried tomato oil. Remove from the heat.

**6. TIME FOR SUPPER** Dish up a mound of risotto and a side of bright kale. Top with the grilled basa, and garnish with the toasted sunflower seeds and a dollop of pesto crème. Bravo, 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	684kJ
Energy	164Kcal
Protein	8.9g
Carbs	16g
of which sugars	2.6g
Fibre	1.5g
Fat	6.5g
of which saturated	2.2g
Sodium	323mg

## Allergens

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

Cook  
within 2  
Days