



UCOOK

Silky Golden Carrot Risotto

with baby carrots, balsamic glaze & pine nuts

Put a spring in your step with this luscious, bright risotto! Buttery, naturally sweet carrot purée is swirled through a classic risotto of leeks, white wine, lemon, and hard cheese. Finished with balsamic-glazed baby carrots, crisp, sweet pine nuts and fresh parsley.

Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Tess Witney

 Vegetarian

 Anthonij Rupert | L'Ormarins Brut Classique NV

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

Ingredients & Prep

480g	Carrot <i>peeled & sliced into half-moons</i>
20ml	Vegetable Stock
40g	Pine Nuts
400g	Leeks <i>rinsed, trimmed, halved & finely chopped</i>
400ml	Arborio Rice
4	Garlic Cloves <i>peeled & grated</i>
200ml	White Wine
400g	Baby Carrot <i>peeled & halved lengthways, leaving tops intact</i>
60ml	Balsamic Glaze
80g	Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
2	Lemons <i>zested & cut into wedges</i>
80g	Salad Leaves <i>rinsed</i>
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. BUTTERY CARROTS Boil the kettle. Place a small pot over a medium heat with a large knob of butter and a good splash of boiling water. Stir through the sliced carrot and pop on a lid. Allow to cook for 15-20 minutes until soft and tender, shifting occasionally. Drain on completion. Remove the carrot from the pot, and season. Dilute the stock with 1,3L of boiling water.

2. BITS AND BOBS Place a clean pot, large enough for the risotto, over a medium heat. When hot, toast the pine nuts for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion.

3. START STIRRING Return the risotto pot to a medium heat with a drizzle of oil. When hot, fry the leeks for 5-7 minutes until soft. Stir through the rice and the grated garlic until evenly distributed. Mix in the wine and simmer until evaporated. Add a ladle of stock and allow the rice to absorb it by stirring regularly and gently simmering. 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.

4. CARROT ON! Return the small pot (from step 1) to a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the halved baby carrots, cut side down, for 10-12 minutes until soft, shifting halfway. In the final minute, baste the carrots in ½ the balsamic glaze until coated. Cover to keep warm. When the boiled sliced carrots have cooled slightly, place in a blender with a splash of water. Blend until smooth, gradually adding more water if necessary. (Don't add too much; it should be thick.)

5. FINISHING TOUCHES When the risotto is cooked, stir through the carrot purée and the grated hard cheese until evenly distributed. If too thick, loosen by mixing in a splash of milk or water. Add a squeeze of lemon juice, season well, and remove from the heat. Place the rinsed salad leaves in a bowl. Toss together with the remaining balsamic glaze, 20ml of olive oil, a squeeze of lemon juice, and some seasoning.

6. A PERFECT WINTER'S NIGHT SUPPER Load up a heap of gorgeous carrot risotto. Garnish with the balsamic-glazed baby carrots, chopped parsley, toasted pine nuts, and lemon zest to taste. Serve with the tangy salad on the side and scatter the cheese ribbons on the salad. Time to warm up from the inside!



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	514kJ
Energy	123Kcal
Protein	3g
Carbs	23g
of which sugars	6g
Fibre	2.2g
Fat	1.6g
of which saturated	0.4g
Sodium	99mg

Allergens

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

Cook
within
4 Days