



UCOOK

Mussel & Leek Risotto

with fresh thyme & Italian-style hard cheese

Many people shy away from making risotto at home, but it's super simple to cook if you have patience & love for food! We're bringing together classic French flavours using a combination of mussels and creamy leek-filled risotto. Paired with a crisp white wine, this dish is simply delectable!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Cale Surber

 Fan Faves

 Leopard's Leap | Sauvignon Blanc

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Ingredients & Prep

1 Sachet	Vegetable Stock
1	Onion <i>½ peeled & finely diced</i>
100g	Leeks <i>trimmed at the base, rinsed well & thinly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
100ml	Risotto Rice
50ml	White Wine
200g	Mussels
20ml	Grated Italian-style Hard Cheese
1	Lemon <i>½ zested & cut into wedges</i>
50g	Peas
4g	Fresh Thyme <i>rinsed & picked</i>
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. GOT RISOTTO IN STOCK? Boil a full kettle. Place a pot over low heat. Add 600ml of boiling water and the stock in a pot.

2. RISSO BASE Place a pot over medium heat with a drizzle of oil or a knob of butter. When hot, add the diced onion and the sliced leeks and fry for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1 minute until fragrant, shifting constantly. Add the rice and stir for 30-60 seconds. Pour in the wine and simmer until almost all evaporated. Add a ladleful of the diluted 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.

3. SHOW ME YOUR MUSSELS When the risotto has 10 minutes remaining, place a pot over medium-high heat with 150ml of boiling water and bring back up to the boil. Add the mussels, cover with the lid and cook for 4-5 minutes until warmed through (don't worry, they are pre-cooked!) Drain and cover to keep warm.

4. THAT'S RICH When the risotto is done, remove from the heat and stir through ½ the grated cheese, the juice from 1 lemon wedge, the lemon zest (to taste), the peas, the picked thyme, seasoning, and a generous knob of butter (optional).

5. TIME TO DINE! Bowl up the creamy leek risotto and top with cooked mussels. Sprinkle over the remaining grated cheese and the chopped parsley. Serve with a lemon wedge. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	478kj
Energy	114kcal
Protein	6.2g
Carbs	17g
of which sugars	2.3g
Fibre	1.6g
Fat	1.7g
of which saturated	0.5g
Sodium	199mg

Allergens

Dairy, Allium, Sulphites, Alcohol,
Shellfish/Seafood

Cook
within 1
Day