



# UCOOK

## Vegetarian Leek Risotto

**with a mushroom and walnut duxelles & a golden sultana lemon butter**

The fanciest vegetarian dish there ever was! Beautifully charred roast leeks enrobed with a duxelles of exotic mushrooms, crispy walnuts & fresh parsley, atop a traditional creamy cheese risotto. Finished with a sultana & lemon-infused butter sauce - you'll feel like a professional Chef after completing this dinner!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Adventurous Foodie

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 Paserene | The Shiner White Blend

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## Ingredients & Prep

400g	Leeks <i>trimmed at the base &amp; halved lengthwise</i>
50g	Walnuts
250g	Mixed Exotic Mushrooms <i>very finely chopped</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
15ml	Vegetable Stock
2	Celery Stalks <i>finely sliced</i>
200ml	Risotto Rice
60ml	White Wine
80g	Italian-style Hard Cheese <i>grated</i>
30g	Golden Sultanas
20ml	Lemon Juice

## From Your Kitchen

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

**1. LET'S GO** Preheat the oven to 200°C. Boil the kettle. Rinse the halved leeks and cut into 2-3cm pieces. Place on a roasting tray cut-side up. Coat in oil and season. Roast in the hot oven until softened and charred, 15-20 minutes. Place a pot over medium heat. Once hot, toast the walnuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot, finely chop and set aside.

**2. DELICIOUS DUXELLES** Return the pot to high heat with a drizzle of oil and a knob of butter. When hot, fry the chopped mushrooms until soft and golden, 3-5 minutes. In the last minute, add in ½ the grated garlic and fry until fragrant, 1 minute (shifting constantly). Remove and place in a bowl. Mix ¾ of the chopped walnuts and ½ the chopped parsley through the mushrooms.

**3. RICE & SHINE** Dilute the stock with 800ml of boiling water. Return the pot to medium heat with a drizzle of oil. When hot, fry the sliced celery until soft, 5-6 minutes (shifting occasionally). Stir in the remaining grated garlic and the rice. Fry until fragrant, 1 minute (shifting constantly). Add the wine and simmer until evaporated. Add a ladleful of the stock and allow it to be absorbed by gently simmering (stirring often). 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. Remove from the heat and stir through ½ the grated cheese, a generous knob of butter, and seasoning. Loosen with a splash of warm water if too thick.

**4. ON FLEEK** When the leeks are done, top with the mushroom mixture, and the remaining grated cheese. Turn the oven to the highest temperature or on to the grill setting. Pop the tray back in the oven and grill until the cheese is melted, 3-5 minutes.

**5. SAUCY** Place a pan over medium-high heat with 60g of butter. Once foaming, add the sultanas and lemon juice (to taste) to the butter and return to the heat. Cook until plumped, 1 minute. Remove from the heat.

**6. YUM!** Generously pile up the risotto. Lay over the loaded leeks and a drizzle of the lemon-infused sultana butter. Sprinkle over the remaining walnuts, chopped parsley and sage leaves. Wow!



## Chef's Tip

Duxelles is a combo of finely chopped mushrooms, garlic and herbs, sautéed in butter to make a stuffing or sauce.

## Nutritional Information

Per 100g

Energy	674kJ
Energy	161kcal
Protein	5.6g
Carbs	22g
of which sugars	4.1g
Fibre	2g
Fat	5.1g
of which saturated	1.2g
Sodium	203mg

## Allergens

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

Cook  
within 3  
Days