



# 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.

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

**Serves:** 1 Person

**Chef:** Tess Witney

 Vegetarian

 Anthonij Rupert | L'Ormarins Brut Classique NV

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## Ingredients & Prep

120g	Carrot <i>peeled &amp; sliced into half-moons</i>
5ml	Vegetable Stock
10g	Pine Nuts
100g	Leeks <i>rinsed, trimmed, halved &amp; finely chopped</i>
100ml	Arborio Rice
1	Garlic Clove <i>peeled &amp; grated</i>
50ml	White Wine
100g	Baby Carrot <i>peeled &amp; halved lengthways, leaving tops intact</i>
15ml	Balsamic Glaze
20g	Italian-style Hard Cheese <i>½ grated &amp; ½ peeled into ribbons</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
3g	Fresh Parsley <i>rinsed, picked &amp; 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 10-12 minutes until soft and tender, shifting occasionally. Drain on completion. Remove the carrot from the pot, and season. Dilute the stock with 500ml 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 3-4 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 6-8 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, 5ml 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