



UCCOOK

Butternut Risotto

with cashew nut cream cheese & pecans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Waterkloof | Astraeus Chardonnay Brut

Nutritional Info

	Per 100g	Per Portion
Energy	566kJ	3666kJ
Energy	135kcal	877kcal
Protein	3.7g	21.4g
Carbs	20g	127g
of which sugars	2.9g	18.8g
Fibre	2.5g	15.9g
Fat	4.1g	26.9g
of which saturated	0.5g	3.4g
Sodium	196mg	1272mg

Allergens: Allium, Sulphites, Tree Nuts, Alcohol

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	NOMU Italian Rub
5ml	10ml	Vegetable Stock
1	1	Onion <i>peel & roughly dice ½ [1]</i>
100ml	200ml	Risotto Rice
30ml	60ml	White Wine
20g	40g	Pecan Nuts
50ml	100ml	Cashew Nut Cream Cheese
15ml	30ml	Nutritional Yeast
20g	40g	Spinach <i>rinse</i>
15ml	30ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BUTTERNUT FORGET Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. READY THE RISOTTO Boil the kettle. Dilute the stock with 400ml [800ml] of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost evaporated, 2-3 minutes. 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 season. Loosen with a splash of warm water if too thick.

3. GOLDEN PECANS Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FOR THE FLAVOUR When the butternut is cooked through and caramelised, remove from the oven and place ½ in a bowl. Mash with a fork or potato masher until smooth. When the risotto is done, add the mashed butternut to the risotto. Stir through the cream cheese, ¾ of the nutritional yeast, the spinach and season.

5. FANCY DINNER Dish up a generous helping of the butternut risotto, scatter over the remaining roasted butternut, and a drizzle of lemon juice (to taste). Garnish with the parsley and the pecans. Scatter over the remaining nutritional yeast. Finish it off with a crack of black pepper. Amazing work, Chef!