



UCOOK

Tasty Tomato Risotto

with Danish-style feta, toasted pumpkin seeds & fresh basil

If you like tomatoes, you are going to love this tangy tomato risotto, which is beautifully balanced with a creamy yet zingy sauce, and elevated with fresh basil. Expect notes of garlic, onion, and toasted seeds, finished with a crescendo of rich feta crumblyings. A mouthwatering medley, Chef!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Rhea Hsu

 Veggie

 Vergelegen | Florence Rosé

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Ingredients & Prep

30ml	Italian Seasoning <i>(10ml Vegetable Stock & 20ml NOMU Italian Rub)</i>
400g	Cooked Chopped Tomato
1	Onion <i>peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
20ml	Tomato Paste
200ml	Risotto Rice
20g	Pumpkin Seeds
160g	Baby Tomatoes <i>rinsed & halved</i>
100ml	Crème Fraîche
5g	Fresh Basil <i>rinsed, picked & roughly sliced</i>
1	Lemon <i>rinsed, zested & cut into wedges</i>
40g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. START WITH THE STOCK Boil the kettle. Dilute the Italian seasoning with 600ml of boiling water. Stir through the cooked chopped tomato and set aside.

2. READY THE RISOTTO Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the tomato paste, and the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add a ladleful of the tomato stock, and allow it to be absorbed by gently simmering (stirring regularly). Only add the next ladle of tomato stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes. Add more water if the rice is not fully cooked through.

3. WHILE THE RISOTTO IS COOKING... Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHARRED TOMATOES Return the pan to medium-high heat with a drizzle of oil. When hot, char the halved baby tomatoes until blistered, 3-4 minutes. In the final minute, add a sweetener and seasoning. Remove from the pan and set aside.

5. FINISHING TOUCHES When the risotto is done, remove from the heat and stir through the crème fraîche, ½ the sliced basil, a squeeze of lemon juice (to taste), a knob of butter, a sweetener, and seasoning. Loosen with a splash of warm water if too thick.

6. TIME TO PLATE! Dish up the tomato risotto. Top with the charred baby tomatoes and the crumbled feta. Sprinkle over the toasted pumpkin seeds. Garnish with the remaining basil and the lemon zest (to taste). Finish off with a crack of black pepper and serve with any remaining lemon wedges on the side. Dig in, Chef!

Nutritional Information

Per 100g

Energy	535kJ
Energy	128kcal
Protein	3.2g
Carbs	17g
of which sugars	3.5g
Fibre	2g
Fat	4.7g
of which saturated	2.7g
Sodium	339mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days