



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!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Paserene | The Shiner White Blend

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Ingredients & Prep

200g	Leeks <i>trimmed at the base & halved lengthwise</i>
25g	Walnuts
125g	Mixed Exotic Mushrooms <i>very finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
7,5ml	Vegetable Stock
1	Celery Stalk <i>finely sliced</i>
100ml	Risotto Rice
30ml	White Wine
40g	Italian-style Hard Cheese <i>grated</i>
15g	Golden Sultanas
10ml	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 400ml of boiling water. Return the pot to medium heat with a drizzle of oil. When hot, fry the sliced celery until soft, 3-4 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 40g 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