



UCCOOK

Vegetarian Ricotta & Sage Risotto

with toasted nuts & baby onions

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Sarah Hewitt

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	465kJ	3655kJ
Energy	111kcal	874kcal
Protein	3.9g	30.5g
Carbs	20g	158g
of which sugars	5.9g	46.7g
Fibre	2.5g	20g
Fat	2.9g	22.9g
of which saturated	1.2g	9.1g
Sodium	90mg	709mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts, Alcohol

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Vegetable Stock Sachet
3	6	Baby Onions <i>peel & half lengthways</i>
15g	30g	Almonds <i>roughly chop</i>
3g	5g	Fresh Sage <i>rinse, pick & dry</i>
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Risotto Rice
40ml	80ml	White Wine
1	1	Lemon <i>rinse, zest & cut ¼ [1/4] into wedges</i>
100g	200g	Ricotta Cheese
15ml	30ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Water
Butter
Tinfoil

1. STOCK MARKET Preheat the oven to 200°C. Boil the kettle. Dilute the stock with 500ml [800ml] of boiling water. Place the onions on a greased roasting tray in a single layer, cut-side down. Coat in oil and season. Cover with tinfoil and roast until soft, 20-25 minutes. Remove the tinfoil and flip the onions cut-side up. Roast until caramelised, 5-10 minutes.

2. A IS FOR ALMONDS Place the almonds in a pot, large enough for the risotto, over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAGE BUTTER Return the pot to a medium-high heat with a drizzle of oil and 30g [60g] of butter. Once foaming, fry the sage leaves until crispy, 1-2 minutes per side (to make this easier, use tongs if you have them!). Remove the infused butter from the pot, drain the crispy sage leaves on paper towel and set aside for serving.

4. RISOTTO RAZZLE Return the pot to medium heat with a drizzle of oil. Fry the garlic and the risotto rice 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. When the risotto is done, add the lemon zest (to taste) and a knob of butter. Loosen with a splash of warm water, if necessary. Season.

5. IT'S TIME TO DINE! Plate up a generous helping of the creamy risotto and top with a crumble of the ricotta cheese, the caramelised baby onions, and a squeeze of lemon juice (to taste). Sprinkle over the crispy sage and the toasted nuts. Drizzle over the infused butter and the balsamic reduction. Enjoy, Chef!