



UCOOK

Tomato & Chorizo Risotto

with Danish-style feta & toasted pumpkin seeds

This vibrant dish combines the richness of ripe tomatoes and the smoky spiciness of chorizo, infused into a velvety risotto. Each bite is enhanced by notes of crumbled feta cheese, and a sprinkle of toasted pumpkin seeds provides a delightful crunch & nuttiness. Prepare to be captivated by the harmonious blend of flavours!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

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Ingredients & Prep

15ml	Italian Seasoning <i>(5ml Chicken Stock & 10ml NOMU Italian Rub)</i>
100g	Cooked Chopped Tomato
30g	Sliced Pork Chorizo <i>roughly chop</i>
1	Onion <i>peel & finely dice ½</i>
10ml	Tomato Paste
100ml	Risotto Rice
5g	Pumpkin Seeds
1	Tomato <i>rinse & cut into thin wedges</i>
30ml	Crème Fraîche
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. TOMATO STOCK BASE Boil the kettle. Dilute the Italian seasoning with 400ml of boiling water. Stir in the cooked chopped tomato and set aside.

2. LOADED RISOTTO Place a pot over medium-high heat with a drizzle of oil. When hot, fry ½ the chopped chorizo and the diced onion until golden, 4-5 minutes (shifting occasionally). Add the tomato paste and the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Reduce the heat to medium, add a ladleful of the tomato stock and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of tomato stock when the previous one is fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes.

3. GOLDEN SEEDS 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. TOMATOES & CHORIZO Return the pan to medium-high heat with a drizzle of oil. When hot, fry the tomato wedges until charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the remaining chopped chorizo. Season, cover, and set aside.

5. FINISHING TOUCHES When the risotto is done, remove from the heat and stir through the crème fraîche, ½ the chopped parsley, and seasoning. Loosen with a splash of warm water if too thick.

6. DIG IN Dish up the tomato risotto. Top with the charred tomatoes & chorizo. Crumble over the drained feta and sprinkle over the toasted pumpkin seeds. Garnish with the remaining chopped parsley and finish off with a crack of black pepper. Well done, Chef!

Nutritional Information

Per 100g

Energy	715kJ
Energy	171kcal
Protein	5.4g
Carbs	23g
of which sugars	3g
Fibre	1.8g
Fat	6g
of which saturated	3.1g
Sodium	325mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat
within
4 Days