

UCOOK

Tantalizing Trout Risotto

with mascarpone cheese & spinach

Creamy risotto is tossed with smoked trout, baby marrows, spinach, and fresh chives! There is something so warm and comforting about risotto, and that's why we think you should get your hands on this beautiful dish right now!

Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Boschendal | Grande Cuvée Vintage Brut

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

5ml	Vegetable Stock
1	Onion <i>½ peeled & roughly diced</i>
100ml	Risotto Rice
100g	Baby Marrow <i>rinsed, trimmed & cut into small chunks</i>
4g	Fresh Chives
40g	Spinach
40g	Smoked Trout Ribbons
1	Lemon <i>½ cut into wedges</i>
30ml	Mascarpone
20ml	Crispy Onions

From Your Kitchen

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

1. WOW, RICE TOUCH! Boil the kettle. Dilute the stock with 400ml of boiling water. Place a pot for the risotto over a medium heat with a drizzle of oil. When hot, sweat the diced onion for 3-4 minutes until soft, shifting occasionally. Stir through the rice for 30-60 seconds. Add a ladleful of stock and allow it to be absorbed by gently simmering, stirring regularly. Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process for 15-20 minutes until the rice is cooked al dente. In the final 5-7 minutes, stir through the baby marrow chunks.

2. THE PREP STEP While the risotto is simmering, rinse the chives and the spinach. Roughly chop the chives and the trout ribbons. Toss ½ the rinsed spinach with a squeeze of lemon juice (to taste), a drizzle of oil, and seasoning. Set aside for serving.

3. INGREDIENTS, ASSEMBLE! When the risotto is cooked, stir through the mascarpone, the chopped trout ribbons, ½ the chopped chives, the remaining rinsed spinach, and a generous knob of butter (optional). Mix until the leaves are wilted. Season to taste - be careful, the trout is salty!

4. RISOTT-OH YEAH! Dish up the creamy risotto. Sprinkle over the remaining chives and the crispy onions. Side with the dressed spinach. Serve with a lemon wedge. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	530kJ
Energy	127Kcal
Protein	4.8g
Carbs	21g
of which sugars	2.5g
Fibre	1.6g
Fat	2.4g
of which saturated	0.9g
Sodium	292mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish

Cook
within 2
Days