



U C O O K

— COOKING MADE EASY

SAVANNAH SUNSET QUINOA RISOTTO

**with biltong, roast gem squash &
piquanté peppers**

Taste the wild, open, sunset plains with this locally-inspired, quinoa-based risotto. Interwoven with lean ostrich biltong and roast gem squash; and decorated with tangy peppers, feta, and tricklings of balsamic glaze.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 **Easy Peasy**

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Ingredients & Prep

1	Gem Squash <i>halved & deseeded</i>
100ml	White Quinoa
100g	Leek
10ml	Chicken Stock
1	Garlic Clove <i>peeled & grated</i>
30ml	White Wine
20g	Green Leaves <i>rinsed</i>
40g	Danish-Style Feta <i>drained</i>
50g	Free-Range Ostrich Biltong <i>roughly chopped</i>
7.5ml	Balsamic Glaze
25g	Piquanté Peppers <i>drained & roughly chopped</i>

From Your Kitchen

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

1. ROAST THE GEMS Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season to taste. Roast in the hot oven for 15-20 minutes until cooked through. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining cooking time. Remove from the oven on completion.

2. BE PREPAAAAAARED! Boil the kettle. Rinse the quinoa and set aside in a sieve to drain. Trim the base off the leek and cut in half lengthways. Rinse thoroughly, roughly chop, and set aside. Dilute the stock with 400ml of boiling water.

3. QUINOA RISOTTO Place a pot over a low-medium heat with a drizzle of oil or knob of butter. When hot, sauté the chopped leeks for 2-3 minutes until soft. Evenly stir through the grated garlic and rinsed quinoa. Add the white wine and stir until evaporated. Add a ladleful of stock and allow it to be absorbed by stirring regularly and gently simmering. Repeat this process with the stock for 15-20 minutes until the quinoa is cooked and thickened. Only add the next ladle of stock when the previous one has been fully absorbed.

4. TOSS THE SALAD While the risotto is on the go, place the rinsed green leaves in a bowl and crumble in the drained feta. Add a drizzle of oil, season to taste, and toss to coat.

5. FINISH YOUR RISOTTO When the risotto is nearing completion, scoop out the flesh of the cooked gem squash and add to the pot. Stir in three-quarters of the chopped biltong and cook for 2-3 minutes, stirring until incorporated. Season to taste and remove from the heat on completion.

6. TIME TO TUCK IN Plate up a heap of sunset-coloured risotto. Garnish with the chopped piquanté peppers and the remaining chopped biltong. Drizzle over the balsamic glaze and serve with the fresh salad on the side. A supper with South African flavour!



Chef's Tip

Taste the quinoa risotto as you go because you may not need to use all of the stock. On the other hand, if the quinoa isn't cooked after you've added all of it, simply stir in a ladle of water to continue the cooking process.

Nutritional Information

Per 100g

Energy	618kJ
Energy	117Kcal
Protein	9.5g
Carbs	17g
of which sugars	3.6g
Fibre	2.4g
Fat	4.2g
of which saturated	1.7g
Sodium	532mg

Allergens

Egg, Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days