



UCCOOK

Goat's Cheese, Tomato & Chorizo Risotto

with toasted pumpkin seeds

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Groote Post Winery | Groote Post Riesling

Nutritional Info	Per 100g	Per Portion
Energy	485kJ	2429kJ
Energy	116kcal	581kcal
Protein	4g	20.2g
Carbs	20g	98g
of which sugars	3.6g	18.1g
Fibre	1.9g	9.4g
Fat	2g	9.9g
of which saturated	0.6g	3g
Sodium	291mg	1459mg

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

Spice Level: NONE

Eat Within 4 Days

Test

Serves 3 [Serves 4]		
45ml	60ml	Italian Seasoning <i>(15ml [20ml] Chicken Stock & 30ml [40ml] NOMU Italian Rub)</i>
300g	400g	Cooked Chopped Tomato
90g	120g	Sliced Pork Chorizo <i>roughly chop</i>
2	2	Onions <i>peel & dice 1½ [2]</i>
30ml	40ml	Tomato Paste
300ml	400ml	Risotto Rice
15g	20g	Pumpkin Seeds
3	4	Tomatoes <i>rinse & cut into thin wedges</i>
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
150g	200g	Chevin Goat's Cheese <i>sliced into thick rounds</i>
90ml	125ml	Crème Fraîche

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)

1. TOMATO STOCK BASE Boil the kettle. To a pan, add the Italian seasoning, diluting it with 1.2L [1.6L] 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 chorizo and the onion until golden, 5-6 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, 25-30 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 until charred, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add the remaining chorizo. Season, cover, and set aside.

5. HERBY GOAT'S CHEESE Place the parsley on a chopping board, and spread out in a single layer. Place the goat's cheese rounds on the parsley and gently coat both sides.

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

7. DIG IN Dish up the tomato risotto. Top with the charred tomatoes & chorizo. Top with the herby goat's cheese and sprinkle over the toasted pumpkin seeds. Finish off with a crack of black pepper. Well done, Chef!