



UCOOK

Lemon Risotto & Chicken Piccata

with fresh lemon & peas

Risotto has a reputation for being quite difficult to get right, but this recipe will be a breeze! Soon you will be feasting on perfectly al dente risotto rice, elevated with a lemony pea puree. Topped with golden-crust chicken smothered in a piccata sauce and finished with cheese shavings.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon Blanc 2019

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Ingredients & Prep

1	Onion <i>peel & finely dice</i>
1	Celery Stalk <i>rinse & finely slice</i>
100g	Peas
1	Lemon <i>rinse, zest & cut into wedges</i>
5ml	NOMU Chicken Stock
100ml	Risotto Rice
30ml	White Wine
30g	Italian-style Hard Cheese <i>grate ½ & peel ½ into shavings</i>
1	Free-range Chicken Breast
20ml	Cake Flour
20g	Capers <i>drain</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Paper Towel
Butter
Milk
Blender

1. PEA PUREE Boil the kettle. Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the diced onion and the sliced celery. Fry until lightly golden, 4-5 minutes. Remove from the pan. Place the fried onions & celery, and the peas in a blender. Add 30ml of milk, a squeeze of lemon juice (to taste), and seasoning. Blitz into a smooth purée.

2. READY RISOTTO Dilute the stock with 600ml of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the remaining onion until softened, 3-4 minutes. Add the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add ¾ of the wine and simmer until almost evaporated, 1-2 minutes. Add a ladleful of the diluted stock and gently simmer until absorbed (stirring constantly). 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. Mix through the pea purée, the grated cheese, a generous knob of butter, a pinch of lemon zest (to taste), a squeeze of lemon juice (to taste), and seasoning. Cover and set aside. Just before serving, loosen with a splash of water if it's too thick.

3. BUTTERFLIED CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season and lightly coat in the flour (shaking off any excess flour).

4. GOLDEN Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan.

5. PICCATA SAUCE Return the pan wiped down to medium heat with 20g of butter and a drizzle of oil. When melted, fry the drained capers, and ½ the chopped parsley, until fragrant, about 1 minute (shifting constantly). Pour in the remaining wine, a generous squeeze of lemon juice (to taste), and a splash of water. Simmer until slightly reduced, 1-2 minutes. Season (if necessary).

6. FANTASTIC FEAST Bowl up the lemon & pea risotto. Top with the chicken, pour over the piccata sauce, sprinkle over the cheese shavings, and garnish with the remaining parsley. Serve any remaining lemon wedges on the side. Wonderful work, Chef!

Nutritional Information

Per 100g

Energy	454kj
Energy	108kcal
Protein	7.7g
Carbs	15g
of which sugars	2.5g
Fibre	2.2g
Fat	1.8g
of which saturated	0.7g
Sodium	144mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Alcohol, Cow's Milk

Eat
Within
3 Days