

UCOOK

Butternut Risotto

with cashew nut cream cheese & pecan nuts

NOMU Italian Rub-spiced butternut mash is swirled through risotto, together with a rich white wine & vegetable stock, spinach and cashew nut cream cheese. Add a squeeze of lemon, toasted pecans & fresh parsley, and get ready for some, "You've outdone yourself with dinner tonight, Chef!"

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Ella Nasser

Veggie

Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
20ml	NOMU Italian Rub
10ml	Vegetable Stock
1	Onion <i>peel & roughly dice</i>
200ml	Risotto Rice
60ml	White Wine
40g	Pecan Nuts
60ml	Cashew Nut Cream Cheese
30ml	Nutritional Yeast
40g	Spinach <i>rinse</i>
1	Lemon <i>rinse & cut into wedges</i>
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BUTTERNUT FORGET Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. READY THE RISOTTO Boil the kettle. Dilute the stock with 800ml of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost evaporated, 2-3 minutes. Add a ladleful of the stock and allow it to be absorbed by gently simmering (stirring often). 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. Remove from the heat and season. Loosen with a splash of warm water if too thick.

3. GOLDEN PECANS Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FOR THE FLAVOUR When the butternut is cooked through and caramelised, remove from the oven and place 1/2 in a bowl. Mash with a fork or potato masher until smooth. When the risotto is done, add the mashed butternut to the risotto. Stir through the cream cheese, 3/4 of the nutritional yeast, the rinsed spinach, and seasoning.

5. FANCY DINNER Dish up a generous helping of the butternut risotto. Scatter over the remaining roasted butternut and drizzle over a squeeze of lemon juice (to taste). Garnish with the chopped parsley and the toasted pecans. Scatter over the remaining nutritional yeast. Finish it off with a crack of black pepper. Amazing work, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	441kj
Energy	105kcal
Protein	2.9g
Carbs	17g
of which sugars	2.8g
Fibre	2.5g
Fat	2.7g
of which saturated	0.3g
Sodium	120mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol

Eat
Within
4 Days