



WCOOK

Vegetarian Leek Risotto

with a mushroom and walnut duxelles & a golden sultana lemon butter

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Zevenwacht | The Tin Mine White

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 685kJ | 3749kJ |
| Energy | 164kcal | 896kcal |
| Protein | 5.7g | 31.3g |
| Carbs | 23g | 123g |
| of which sugars | 4.2g | 22.8g |
| Fibre | 2g | 10.8g |
| Fat | 5.2g | 28.4g |
| of which saturated | 1.3g | 6.9g |
| Sodium | 205mg | 1121mg |

Allergens: Cow's Milk, Egg, Allium, Sulphites, Tree Nuts, Alcohol

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 200g | 400g | Leeks <i>trim at the base & cut in half lengthways</i> |
| 25g | 50g | Walnuts <i>roughly chop</i> |
| 125g | 250g | Mixed Exotic Mushrooms <i>wipe clean & finely chop</i> |
| 1 | 2 | Garlic Clove/s <i>peel & grate</i> |
| 3g | 5g | Fresh Parsley <i>rinse, pick & roughly chop</i> |
| 7,5ml | 15ml | Vegetable Stock |
| 1 | 2 | Celery Stalk/s <i>rinse & roughly slice</i> |
| 100ml | 200ml | Risotto Rice |
| 30ml | 60ml | White Wine |
| 40g | 80g | Italian-style Hard Cheese <i>grate</i> |
| 15g | 30g | Golden Sultanas |
| 10ml | 20ml | Lemon Juice |

From Your Kitchen

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

1. LET'S GO Preheat the oven to 200°C. Boil the kettle. Rinse the halved leeks and cut into 2-3cm pieces. Place on a roasting tray cut-side up. Coat in oil and season. Roast in the hot oven until softened and charred, 15-20 minutes. Place a pot over medium heat. Once hot, toast the walnuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot, finely chop and set aside.

2. DELICIOUS DUXELLES Return the pot to high heat with a drizzle of oil and a knob of butter. Fry the mushrooms until soft and golden, 3-5 minutes. In the last minute, add in ½ the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Remove and place in a bowl. Mix ¾ of the walnuts and ½ the parsley through the mushrooms.

3. RICE & SHINE Dilute the stock with 400ml [800ml] of boiling water. Return the pot to medium heat with a drizzle of oil. Fry the celery until soft, 3-4 minutes (shifting occasionally). Stir in the remaining garlic and the rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until it evaporates. 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 stir through ½ the cheese, a generous knob of butter, and seasoning. Loosen with a splash of warm water if too thick.

4. ON FLEEK When the leeks are done, top with the mushroom mixture and the remaining cheese. Turn the oven to the highest temperature or onto the grill setting. Pop the tray back in the oven and grill until the cheese is melted, 3-5 minutes.

5. SAUCY Place a pan over medium-high heat with 40g [60g] of butter. Once foaming, add the sultanas and lemon juice (to taste) to the butter and return to the heat. Cook until plumped up, 1-2 minutes. Remove from the heat.

6. YUM! Generously pile up the risotto. Lay over the leeks and a drizzle of the lemon-infused sultana butter. Sprinkle over the remaining walnuts and parsley. Wow!

Chef's Tip Duxelles is a combo of finely chopped mushrooms, garlic and herbs, sautéed in butter to make a stuffing or sauce.