



# UCCOOK

## Sweet Corn Risotto

with Italian-style hard cheese & toasted pine nuts

**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

**Veggie:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Delheim Wines | Delheim Chenin Blanc  
(Wild Ferment)

### Nutritional Info

	Per 100g	Per Portion
Energy	514kJ	3501kJ
Energy	123kcal	837kcal
Protein	3.8g	25.6g
Carbs	18g	126g
of which sugars	3g	20.3g
Fibre	2g	13.8g
Fat	3.5g	23.7g
of which saturated	1.6g	11.2g
Sodium	195mg	1329mg

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

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15g	20g	Pine Nuts
60ml	80ml	Italian Vegetable Stock (15ml [20ml] Vegetable Stock & 45ml [60ml] NOMU Italian Rub)
300g	400g	Corn
90ml	125ml	Crème Fraîche
90g	120g	Italian-style Hard Cheese grate ½ & peel ½ into ribbons
2	2	Bell Peppers rinse, deseed & dice 1½ [2]
2	2	Onions peel & finely dice 1½ [2]
300ml	400ml	Risotto Rice
2	2	Garlic Cloves peel & grate
2	2	Bay Leaves
45ml	60ml	White Wine
8g	10g	Fresh Basil rinse, pick & roughly tear

## From Your Kitchen

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

**1. TOAST** Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

**2. FRY & BLEND** Boil the kettle. Dilute the stock with 1.1L [1.3L] of boiling water. Return the pan to medium-high heat with a drizzle of oil. Fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan. Place ⅔ in a blender with the crème fraîche, the cheese, and 90ml [120ml] of the diluted stock. Blend until smooth and set aside.

**3. CHAR** Return the pan to medium-high heat with a drizzle of oil. Fry the pepper until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**4. SIMMER & STIR** Place a pot over medium heat with a drizzle of oil. When hot, sauté the onion until softened, 3-4 minutes. Add the rice, the garlic, and the bay leaves. Stir until combined, 1-2 minutes. Mix in the wine and simmer until evaporated. Add a ladleful of the remaining stock and gently simmer until absorbed (stirring regularly). 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 blended corn & crème fraîche and 30g [40g] of butter.

**5. EAT!** Spoon the sweet corn risotto into a bowl. Scatter over the charred pepper, the remaining charred corn, the cheese ribbons, and the toasted pine nuts. Garnish with the torn basil. Tuck in, Chef!