



U C O O K

— COOKING MADE EASY

Golden Carrot & Leek Risotto

with Italian-style hard cheese, lemon & pine nuts

Put a spring in your step with this light and bright risotto! Buttery, naturally sweet carrot purée is swirled through a classic risotto of leeks, white wine, lemon, and hard cheese. Finished with creamy pine nuts and fresh parsley.

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

120g	Carrots <i>peeled & sliced into half-moons</i>
10g	Pine Nuts
5ml	Vegetable Stock
100g	Leeks <i>trimmed</i>
1	Garlic Clove <i>peeled & grated</i>
100ml	Arborio Rice
50ml	White Wine
20g	Grated Italian-Style Hard Cheese
1	Lemon <i>one half zested & cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
20g	Radish <i>rinsed & thinly sliced</i>
3g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BUTTERY CARROTS Boil the kettle. Place a small pot over a medium heat with a large knob of butter. Add a small splash of boiling water and the sliced carrots, and pop on a lid. Allow to cook for 10-12 minutes until soft and tender, shifting occasionally. Remove from the heat on completion, season to taste, and set aside in the pot to cool. (Don't drain any liquid from the pot.)

2. BITS AND BOBS Place a pot for the risotto over a medium heat. When hot, toast the pine nuts for 3-5 minutes until golden, shifting occasionally. Keep a close eye on them; they burn easily! Remove from the pot on completion and set aside for serving. Dilute the stock with 500ml of boiled water and set aside. Cut the trimmed leek in half lengthways, rinse thoroughly, and finely chop.

3. RISOTTO BASE Return the pot to a medium heat with a drizzle of oil. When hot, sweat the leeks for 3-4 minutes until soft. Stir through the rice and grated garlic until evenly distributed. Pour in the white wine, give it a stir, and simmer until evaporated. Add a ladleful of stock and allow the rice to absorb it by stirring regularly and gently simmering. Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process for 20-25 minutes until the rice is cooked al dente.

4. WHILE THE RISOTTO IS ON THE GO... Make the carrot purée! When the carrot has cooled slightly, place in a blender. Blend until smooth, adding some reserved water from the carrot pot if necessary. (Don't add too much; it should be thick.) When the risotto is cooked, stir through the carrot purée and grated hard cheese until evenly distributed. Add a squeeze of lemon juice to taste, season well, and remove from the heat.

5. FINISHING TOUCHES Place the rinsed salad leaves and sliced radish in a bowl. Toss together with a drizzle of olive oil, a squeeze of lemon juice, and some seasoning.

6. SPRINGTIME SUPPER! Load up a heap of gorgeous carrot risotto. Garnish with the fresh, chopped parsley, the toasted pine nuts, and some lemon zest to taste. Serve with the fresh salad on the side. Buon appetito!

Nutritional Information

Per 100g

Energy	542kj
Energy	130Kcal
Protein	3.9g
Carbs	22g
of which sugars	2.9g
Fibre	2.1g
Fat	2.5g
of which saturated	0.8g
Sodium	182mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days