



Eat Within 3 Days

UCCOOK

Ruby Risotto & Chicken

with beetroot & baby tomatoes

Hands-on Time: 50 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	340kj	2075kj
Energy	81kcal	496kcal
Protein	7.8g	47.4g
Carbs	9g	56g
of which sugars	2g	9g
Fibre	1g	9g
Fat	1g	5.9g
of which saturated	0.3g	1.9g
Sodium	128mg	782mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot Chunks <i>cut into bite-sized pieces</i>
2	2	Chicken Stock Sachets
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
150ml	200ml	Risotto Rice
240g	320g	Baby Tomatoes <i>rinse & halve</i>
8g	10g	Fresh Chives <i>rinse & finely slice</i>
30ml	40ml	Lemon Juice
120ml	160ml	Low Fat Cottage Cheese
450g	600g	Free-range Chicken Mini Fillets

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel
Blender

1. BEGIN THE BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SAVOURY RISOTTO Boil the kettle. Dilute 1½ [2] stock sachets with 900ml [1,2L] of boiling water. Place a pan over medium heat and lightly add more cooking spray if needed. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the risotto rice and fry until fragrant, 1-2 minutes (shifting constantly). 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, 25-30 minutes.

3. SAUCE & SALAD While the risotto is cooking, place ½ the cooked beetroot into a blender with a splash of water and blitz until smooth. Set aside. In a separate bowl, toss the tomato with ½ the chives and ½ the lemon juice. Season and set aside.

4. BEAUTIFUL RUBY COLOUR When the risotto is cooked, remove it from the heat and stir through the cottage cheese, the blended beetroot purée, the lemon juice and seasoning. Loosen with a splash of warm water if too thick.

5. FLAVOURFUL MINI FILLETS Place a clean pan over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

6. STUNNING, CHEF! Plate up the ruby risotto and top with the cooked chicken, the remaining roasted beetroot and finally the dressed tomatoes. Garnish with the remaining chives. Wow, Chef!