



UCOOK

Pumpkin Risotto

with cream cheese & pecan nut butter

A subtle balance of sweet and salty, this meal is perfect for warming up date night! Cheesy risotto is amped up with sweet pumpkin and doused with a decadent home-made nutty butter drizzle. Served with a balsamic-dressed green leaf salad on the side. Simply stunning!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

 Veggie

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
20ml	Vegetable Stock
200g	Leeks <i>trimmed at the base & halved lengthways</i>
200ml	Risotto Rice
2	Garlic Cloves <i>peeled & grated</i>
125ml	White Wine
30g	Pecan Nuts
60ml	Cream Cheese
125ml	Grated Italian-style Hard Cheese
40g	Green Leaves <i>rinsed</i>
15ml	Balsamic Vinegar
8g	Fresh Basil <i>rinsed & roughly torn</i>

From Your Kitchen

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

1. OVEN-CARAMELISED PUMPKIN Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes, shifting halfway.

2. GO RISOTTO! Boil the kettle. Dilute the stock with 800ml of boiling water. Rinse the leek halves thoroughly and finely slice. Place a pot over a medium-high heat with a drizzle of oil. When hot, sauté the sliced leeks for 2-3 minutes until soft, shifting frequently. Add in the rice, grated garlic and stir for 1-2 minutes until coated. Mix in the wine and simmer until evaporated. Add a ladleful of stock and allow it to be absorbed by gently simmering, stirring regularly. 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.

3. NUT-INFUSED BUTTER Place the pecan nuts in a pan over medium heat with 40g of butter. Fry for 2-3 minutes or until the butter is melted and starting to brown. Remove from the heat and set aside.

4. SMOOTH OPERATOR When the pumpkin is done, place ½ in a bowl. Mash with a fork or potato masher until smooth. Once smooth, add to the risotto along with the cream cheese and ¾ of the grated cheese. Loosen with a splash of warm water if it's too thick and season to taste.

5. JUST ONE MORE THING... Toss the rinsed green leaves with a drizzle of oil, some seasoning, and the balsamic vinegar to taste.

6. DECADENT DATE NIGHT Dish up the risotto and scatter with the remaining roast pumpkin pieces. Drizzle over the nutty butter (to taste) and all the nuts. Sprinkle over the remaining cheese and the torn basil. Side with the dressed leaves. You're a natural, Chef!



Chef's Tip

Taste the risotto as you go because you may not need to use all of the stock. However, if the rice isn't cooked after you've added it all, simply stir in a ladle of water to continue the cooking process.

Nutritional Information

Per 100g

Energy	628kj
Energy	150kcal
Protein	4.9g
Carbs	19g
of which sugars	2.7g
Fibre	2.3g
Fat	5.2g
of which saturated	1.2g
Sodium	218mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days