



UCOOK

Forbidden Black Rice Risotto

with Thai green coconut sauce & shimeji mushrooms

This Asian take on risotto is made with beautiful nutty black rice, cooked in Thai green curry paste and coconut cream until absolutely oozy. Topped with golden shimeji mushrooms and served with an Ohitashi salad of spinach and peanuts tossed in a soy, mirin and lime dressing. Fusion sensations incoming.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Alex Levett

 Vegetarian

 Cavalli Estate | Filly

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
5ml	Vegetable Stock
7,5ml	Thai Green Curry Paste
125ml	Black Rice <i>rinsed</i>
100ml	Coconut Cream
15g	Peanuts
15ml	Low Sodium Soy Sauce
10ml	Mirin
1	Lime <i>½ cut into wedges</i>
125g	Shimeji Mushrooms <i>trimmed</i>
20g	Spinach <i>rinsed</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. START THE RISOTTO Boil a kettle. Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Dilute the vegetable stock with 350ml of boiling water, set aside. Add the curry paste (to taste) to the onions and fry for 1-2 minutes until fragrant. Add the rinsed black rice and coat in the curry paste. Add in the diluted stock and the coconut cream (reserving 1 tbsp for plating). Leave to simmer for 35-40 minutes until the rice has absorbed most of the liquid but is still creamy.

2. TOASTY PEANUTS & THE ASIAN DRESSING Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. In a small bowl, combine ½ the soy sauce, ½ the mirin and juice from 1 lime wedge to taste, and set aside for step 5.

3. FRY THE MUSHROOMS When your risotto has 8-10 mins left to cook, gently wipe the mushrooms clean with a damp cloth or paper towel. Place a pan over a medium-high heat with a drizzle of oil and knob of butter (optional). When hot, fry the mushrooms for 3-5 minutes until soft and golden, shifting as they colour. Remove from the heat on completion, season to taste and set aside in the pan to keep warm.

4. FINISH THE RISOTTO & TOSS THE SALAD Once the risotto has finished cooking, season to taste with soy sauce - the salty element, mirin - a balance of sweetness, and lime juice - gives the dish the zing. In a separate bowl, add the rinsed spinach, ½ of the chopped peanuts and the asian dressing. Toss to combine and set aside.

5. FORBIDDEN FEAST... Plate up the oozy black rice risotto and swirl through the remaining 1 tablespoon of coconut cream. Top with the golden shimeji mushrooms. Garnish with the remaining peanuts, chopped coriander and a lime wedge. Serve the Ohitashi spinach salad on the side. Enjoy!

Nutritional Information

Per 100g

Energy	643kj
Energy	154Kcal
Protein	4g
Carbs	20g
of which sugars	2.4g
Fibre	3.2g
Fat	6.2g
of which saturated	3.7g
Sodium	313mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days