



U C O O K

— COOKING MADE EASY

NORTH AFRICAN RISOTTO

with harissa-roasted cauliflower, cashew cream cheese & dukkah

The ultimate Italian comfort food with the vibrant and complex flavours of North African cuisine. This silky arborio rice is thickened with cashew cream cheese and nutritional yeast for a vegan fusion delight.

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Vegetarian**

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Ingredients & Prep

15ml	Pesto Princess Harissa Paste
150g	Cauliflower Florets <i>cut into bite-size pieces</i>
10ml	Vegetable Stock
1	Onion <i>one half peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
100ml	Arborio Rice
50ml	De-alcoholised White Wine
25ml	Cashew Nut Cream Cheese
15ml	Nutritional Yeast
40g	Green Leaves <i>rinsed</i>
7.5ml	Dukkah Spice

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

2. CRISPY CAULI Preheat the oven to 200°C. Boil the kettle. Combine the harissa paste with 2 tsp of oil. Place the cauliflower pieces on a roasting tray, drizzle over the harissa oil, and season. Toss to coat and spread out evenly. Roast in the hot oven for 20-25 minutes until cooked through and beginning to char.

3. RISOTTO TIME! Dilute the stock with 300ml of boiling water. Place a large pot for the risotto over a low-medium heat with a drizzle of oil. When hot, sweat the diced onion for 2-3 minutes until soft and translucent. Add in the grated garlic and arborio rice and evenly stir through. Pour in the white wine and simmer for about a minute until evaporated. Add a ladleful of stock and allow it to be absorbed by the rice 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. Remove from the heat on completion and stir through the cashew cream cheese, the nutritional yeast, and seasoning to taste.

4. SO CLOSE! Just before serving, warm up a bowl for the risotto. Toss a drizzle of olive oil and some seasoning through the rinsed green leaves.

5. EAT & ENJOY Scoop some creamy, vegan risotto into a warm bowl. Scatter with the harissa-roasted cauli and finish off with a generous dusting of dukkah. Serve with the dressed leaves on the side and dig in!



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 all of the stock, simply add a ladle of water to continue the cooking process.

Nutritional Information

Per 100g

Energy	595kJ
Energy	142Kcal
Protein	4.7g
Carbs	21g
of which sugars	3g
Fibre	2.5g
Fat	2.8g
of which saturated	0.1g
Sodium	374mg

Allergens

Allium, Peanuts, Sulphites, Tree Nuts

Cook
within
4 Days