



U C O O K

— COOKING MADE EASY

REUBEN'S WINTER RISOTTO

with rainbow beets, walnuts & creamy gorgonzola

When the earthy flavours of browned sage butter, colourful roast beetroot, and toasted walnuts complement a creamy, cheesy risotto, it's just too good! I think everyone will love this truly seasonal dish.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Reuben Riffel



Vegetarian

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Ingredients & Prep

200ml	Arborio Rice
2	Vegetable Stock Sachets
30g	Walnuts roughly chopped
8g	Fresh Sage rinsed & picked
500g	Rainbow Beetroot rinsed & trimmed
60g	Gorgonzola
40g	Rocket rinsed
2	Balsamic Vinegar Sachets
1	Onion peeled & diced
2	Garlic Cloves peeled & grated
30g	Italian Style Hard Cheese grated

From Your Kitchen

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

1. PARBOIL THE BEETS Preheat the oven to 200°C. Boil a full kettle. Submerge the whole beetroot in a pot of boiling water. Place over a high heat, bring back up to the boil, and then cook for 10 minutes. This gives it a head start before roasting!

2. RISOTTO TIME Dilute the stock with 800ml 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 3-4 minutes until soft and translucent. Add the grated garlic and rice to the pot and stir evenly through the onion. Add a ladleful of stock and stir through. Allow it to be absorbed by the rice by stirring regularly and gently simmering. Only add the next ladle of stock when the previous ladle has been fully absorbed. Repeat this process for 20-25 minutes until the rice is cooked al dente.

3. ROAST RAINBOW BEETS While the risotto is on the go, spread out the parboiled beetroot on a roasting tray, coat in oil, and season. Roast in the hot oven for 15-20 minutes until cooked through and becoming crispy. Cut them into quarters on completion.

4. SAGE & WALNUT BUTTER When the risotto is about halfway, place the chopped walnuts in pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Reduce to a low heat and add 40g of butter. When the butter begins to foam, add the picked sage leaves and fry for 1-2 minutes until the butter has browned and the leaves are crispy. Remove the pan from the heat on completion.

5. RICH AND CREAMY! Once the risotto is cooked, remove from the heat. Sprinkle in the grated Italian-style cheese and crumble in half of the gorgonzola cheese. Stir until melted.

6. DRESS THE ROCKET Place the rinsed rocket in a bowl, squeeze over the balsamic vinegar, and toss to coat.

7. REUBEN IN YOUR OWN HOME Dish up the luxurious risotto, pour over the sage and walnut butter, and scatter over the roast rainbow beets. Finish off with a crumble of the remaining gorgonzola cheese and serve with the rocket side salad. Buon appetito!



Chef's Tip

You may not need to use all the stock, so taste it as you go. If you've added all the stock and the rice isn't cooked, stir in some water and continue the cooking process.

Nutritional Information

Per 100g

Energy (kj)	623kj
Energy (kcal)	149kcal
Protein	5g
Carbs	21g
of which sugars	2g
Fibre	3g
Fat	4g
of which saturated	1g
Salt	2g

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days