



UCOOK

Vegan Butternut Risotto

with cashew nut cream cheese & pecans

Vegan risotto is swirled with dreamy mashed butternut and topped with crunchy pecan nuts and fresh fragrant basil. A truly divine risotto! It has the perfect balance of salty and sweet, making it irresistibly tasty, yet it also has a comforting element to it which will warm every inch of your soul.


Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Boschendal | MCC Brut NV

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
5ml	Vegetable Stock
10g	Pecans
100ml	Risotto Rice
10ml	Cashew Nut Cream Cheese
15ml	Nutritional Yeast
20g	Green Leaves <i>rinsed</i>
4g	Fresh Basil <i>rinsed & picked</i>

From Your Kitchen

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

1. GOLDEN BUTTERNUT Preheat the oven to 200°C. Boil the kettle. Spread out the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes, shifting halfway. Dilute the stock with 500ml of boiling water.

2. TOASTY NUTS Place the pecans in a pot, large enough for the risotto, over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pot on completion and roughly chop.

3. GO, GO RISOTTO! Return the pot to a medium heat with a drizzle of oil. When hot, add the rice and stir for 1-2 minutes until coated in the oil. 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.

4. MASH UP When the butternut is cooked through and caramelised, remove from the oven and place ½ in a bowl. Mash with a fork or potato masher until smooth. When the risotto is done, add the mashed butternut to the risotto. Stir through the cream cheese and ¾ of the nutritional yeast. Season to taste. Toss the rinsed green leaves with a drizzle of oil, some seasoning and ½ the chopped pecans.

5. BUTTERNUT RISOTTO GOLD Dish up a generous helping of the risotto, scatter over the remaining roasted butternut, and garnish with the picked basil and remaining pecans. Scatter over the remaining nutritional yeast and side with the dressed leaves. Finish it off with a crack of black pepper. Amazing work, Chef!

Nutritional Information

Per 100g

Energy	630kJ
Energy	151Kcal
Protein	4.1g
Carbs	26g
of which sugars	2.4g
Fibre	2.5g
Fat	2.7g
of which saturated	0.2g
Sodium	126mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days