



UCOOK

Silky & Golden Carrot Risotto

with Italian-style hard cheese, leeks, lemon & pine nuts

Put a spring in your step with this luscious, bright risotto! Buttery, naturally sweet carrot purée is swirled through a classic risotto of leeks, white wine, lemon, and hard cheese. Finished with crisp, sweet pine nuts and fresh parsley.

Hands-On Time: 50 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Tess Witney

 Vegetarian

 Steenberg Vineyards | Rattlesnake Sauvignon Blanc

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Ingredients & Prep

480g	Carrot <i>peeled & sliced into half-moons</i>
40g	Pine Nuts
20ml	Vegetable Stock
400g	Leeks <i>trimmed at the base</i>
400ml	Arborio Rice
4	Garlic Cloves <i>peeled & grated</i>
200ml	White Wine
80g	Salad Leaves <i>rinsed</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>
2	Lemons <i>zested & cut into wedges</i>
80ml	Grated Italian-style Hard Cheese
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. BUTTERY CARROTS Boil the kettle. Place a small pot over a medium heat with a large knob of butter and a good splash of boiling water. Stir through the sliced carrot and pop on a lid. Allow to cook for 15-20 minutes until soft and tender, shifting occasionally. Drain on completion, reserving the water and setting it aside. Return the carrot to the pot, season, and set aside to cool.

2. BITS AND BOBS Place a large pot for the risotto over a medium heat. When hot, toast the pine nuts for 3-5 minutes until golden, shifting occasionally. Keep a close eye on them, they burn easily! Remove from the pot on completion and set aside for serving. Dilute the stock with 1,3L of boiled water and set aside. Halve the trimmed leeks/s lengthways, rinse thoroughly, and finely chop.

3. START STIRRING Return the pot to a medium heat with a drizzle of oil. When hot, fry the leeks for 5-7 minutes until soft. Stir through the rice and grated garlic until evenly distributed. Mix in the wine and simmer until evaporated. Add a ladle of stock and allow the rice to absorb it 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.

4. WHILE THE RISOTTO IS ON THE GO... When the carrot has cooled slightly, place in a blender. Blend until smooth, gradually adding reserved carrot water if necessary. (Don't add too much; it should be thick.) Set aside for step 5. Place the rinsed salad leaves and sliced radish in a bowl. Toss together with 20ml of olive oil, a squeeze of lemon juice, and some seasoning. Set aside for serving.

5. FINISHING TOUCHES When the risotto is cooked, stir through the carrot purée and hard cheese until evenly distributed. If too thick, loosen by mixing in a splash of milk or more carrot water. Add a squeeze of lemon juice, season well, and remove from the heat.

6. A PERFECT WINTER'S NIGHT SUPPER Load up a heap of gorgeous carrot risotto. Garnish with the chopped parsley, the toasted pine nuts, and the lemon zest to taste. Serve with the crisp salad on the side. Time to warm up from the inside!



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	512kj
Energy	122Kcal
Protein	3.1g
Carbs	23g
of which sugars	3g
Fibre	2.2g
Fat	1.7g
of which saturated	0.4g
Sodium	111mg

Allergens

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

Cook
within
4 Days