



# UCOOK

## Vegetarian Sweet Corn Risotto

**with Italian-style hard cheese & toasted pine nuts**

This super tasty recipe is one of those dishes that makes the effort of preparing risotto so very worth it. Made with charred corn & crème fraîche purée, and crowned with charred pepper pieces, Italian-style hard cheese, and fresh basil.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Samantha du Toit

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## Ingredients & Prep

30g	Pine Nuts
60ml	Italian Vegetable Stock <i>(15ml Vegetable Stock &amp; 45ml NOMU Italian Rub)</i>
300g	Corn
90ml	Crème Fraîche
90g	Italian-style Hard Cheese <i>½ grated &amp; ½ peeled into ribbons</i>
2	Bell Peppers <i>1½ rinsed, deseeded &amp; diced</i>
2	Onions <i>1½ peeled &amp; finely diced</i>
300ml	Risotto Rice
2	Garlic Cloves <i>peeled &amp; grated</i>
2	Bay Leaves
30ml	White Wine
8g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>

## From Your Kitchen

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

**1. TOAST** Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

**2. FRY & BLEND** Boil the kettle. Dilute the stock with 1.1L of boiling water. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan. Place  $\frac{2}{3}$  in a blender with the crème fraîche, the grated cheese, and 90ml of the diluted stock. Blend until smooth and set aside.

**3. CHAR** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced pepper until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**4. SIMMER & STIR** Place a pot over medium heat with a drizzle of oil. When hot, sauté the diced onion until softened, 3-4 minutes. Add the rice, the grated garlic, and the bay leaves. Stir until combined, 1-2 minutes. Mix in the wine and simmer until evaporated. Add a ladleful of the remaining stock and gently simmer until absorbed (stirring regularly). Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes. Mix through the blended corn & crème fraîche and 30g of butter.

**5. EAT!** Spoon the sweet corn risotto into a bowl. Scatter over the charred pepper, the remaining charred corn, the cheese ribbons, and the toasted pine nuts. Garnish with the torn basil. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	646kJ
Energy	154kcal
Protein	4.7g
Carbs	22g
of which sugars	2.9g
Fibre	2.2g
Fat	5.3g
of which saturated	2.5g
Sodium	202mg

## Allergens

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

Cook  
within  
4 Days