



UCCOOK

Creamy Sweetcorn Risotto

with a tomato & green leaf salad

This risotto has a sweetcorn purée folded through for extra creaminess as well as sautéed corn kernels. Garnished with grated Italian-style hard cheese and served with a green leaf and tomato side salad in a lemon vinaigrette.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Vegetarian

 Anthonij Rupert | Cape of Good Hope
Sneeuwkrans Pinot Noir

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Ingredients & Prep

10g	Pine Nuts
5ml	Vegetable Stock
50g	Corn
50ml	Fresh Cream
1	Onion <i>½ peeled & finely diced</i>
100ml	Arborio Rice
1	Garlic Clove <i>peeled & grated</i>
50ml	White Wine
1	Lemon <i>½ zested & cut into wedges</i>
20g	Green Leaves <i>rinsed</i>
100g	Baby Tomatoes <i>halved</i>
20ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. PREP Boil the kettle. Place a pot (large enough for the risotto) over a medium heat. Once hot, toast the pine nuts for 3-5 minutes until golden brown, shifting occasionally. Remove on completion. Dilute the stock with 500ml of boiling water.

2. PREPARE THE STOCK Return the pot to a high heat with a knob of butter and a drizzle of oil. When hot, fry the corn for 3-5 minutes until charred, shifting occasionally. Place ½ the charred corn and the cream in a blender, and blend until smooth.

3. COOK THE RISOTTO Return the pot to a medium heat with a drizzle of oil. When hot, sweat the diced onion for 3-4 minutes until soft and translucent. Stir through the rice and the grated garlic for about 1 minute, until fragrant. Pour in the wine and simmer until evaporated. Add a ladle 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. SALAD DRESSING Combine the juice of 1 lemon wedge, ½ tsp of a sweetener of choice, and 10ml of olive oil in a salad bowl. Season to taste. Add the rinsed green leaves and the halved baby tomatoes and toss until fully coated.

5. FINISHING TOUCHES When the risotto is cooked, stir through the corn purée, ¾ of the grated hard cheese and a knob of butter. Mix until fully combined. If too thick, loosen by mixing in a splash of milk or water. Mix in the lemon zest and some seasoning. Remove from the heat.

6. TIME TO ENJOY Load up a heap of gorgeous creamy sweetcorn risotto. Garnish with the remaining grated hard cheese, the remaining charred corn and the toasted pine nuts. Serve with the crisp salad on the side. Delicious!



Chef's Tip

It is important to keep the stock hot because if you add cold stock to the hot pan it will cool the risotto down and the rice won't cook evenly.

Nutritional Information

Per 100g

Energy	640kj
Energy	153Kcal
Protein	3.5g
Carbs	20g
of which sugars	2.2g
Fibre	1.7g
Fat	5.8g
of which saturated	2.9g
Sodium	106mg

Allergens

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

Cook
within 3
Days