Eat Within 4 Days

# UCOOK

## Goat's Cheese, Tomato & Chorizo Risotto

**with toasted pumpkin seeds**

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Paul Cluver | Sauvignon Blanc

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 591kJ | 3402kJ |
| Energy | 141kcal | 814kcal |
| Protein | 5.3g | 30.4g |
| Carbs | 17g | 100g |
| of which sugars | 3.6g | 20.8g |
| Fibre | 1.6g | 9.4g |
| Fat | 5.3g | 30.5g |
| of which saturated | 2.9g | 16.7g |
| Sodium | 287mg | 1651mg |

**Allergens:** Sulphites, Cow's Milk, Alcohol, Allium

**Spice Level:** None

## Test

| Serves 3 | [Serves 4] | |
|---|---|---|
| 150g | 200g | Chevin Goat's Cheese<br>*sliced into thick rounds* |
| 8g | 10g | Fresh Basil<br>*rinse, pick & roughly tear* |
| 300ml | 400ml | Risotto Rice |
| 15g | 20g | Pumpkin Seeds |
| 90ml | 125ml | Crème Fraîche |
| 90g | 120g | Sliced Pork Chorizo<br>*roughly chop* |
| 45ml | 60ml | Italian Seasoning<br>*(15ml [20ml] Chicken Stock & 30ml [40ml] NOMU Italian Rub)* |
| 2 | 2 | Tomatoes<br>*rinse & cut into thin wedges* |
| 2 | 2 | Onions<br>*peel & dice 1½ [2]* |
| 300g | 400g | Cooked Chopped Tomato |
| 30ml | 40ml | Tomato Paste |

### From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)

1. TOMATO STOCK BASE Boil the kettle. To a pan, add the Italian seasoning, diluting it with 1.2L [1.6L] of boiling water. Stir in the cooked chopped tomato and set aside.

2. LOADED RISOTTO Place a pot over medium-high heat with a drizzle of oil. When hot, fry ½ the chorizo and the onion until golden, 4-5 minutes (shifting occasionally). Add the tomato paste and the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Reduce the heat to medium, add a ladleful of the tomato stock, and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of tomato stock when the previous one is fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes.

3. EXTRA TANGY Return the pan to medium-high heat with a drizzle of oil. When hot, fry the tomato until charred, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add the remaining chorizo. Season, cover, and set aside.

4. HERBY GOAT'S CHEESE Place the basil on a chopping board, and spread out in a single layer. Place the goat's cheese rounds on the basil and gently coat both sides.

5. FINISHING TOUCHES When the risotto is done, remove from the heat and stir through the crème fraîche, and seasoning. Loosen with a splash of warm water if too thick.

6. DIG IN Dish up the tomato risotto. Top with the charred tomatoes and chorizo. Top with the herby goat's cheese and sprinkle over the pumpkin seeds. Finish off with a crack of black pepper. Well done, Chef!

**Chef's Tip** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.