



UCOOK

Trout & Lemony Thyme Risotto

with peas, Italian-style cheese & fresh
thyme

Risotto can be an intimidating dish to take on, but not when you cook with us! This classic northern-Italian rice dish is layered with pops of green peas, creamy cheese, a rich chicken stock, fresh baby spinach & earthy thyme. Topped with a crispy-skin trout - there's no-fin else like it!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Creation Wines | Creation Rosé 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

30ml	Chicken Stock
2	Onions <i>1½ peeled & roughly diced</i>
8g	Fresh Thyme <i>rinsed & picked</i>
2	Garlic Cloves <i>peeled & grated</i>
300ml	Risotto Rice
90ml	White Wine
3	Rainbow Trout Fillets
150g	Peas
60g	Spinach <i>rinsed</i>
60ml	Grated Italian-style Hard Cheese
30ml	Lemon Juice

From Your Kitchen

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

1. TAKING STOCK Boil the kettle. Dilute the stock with 1.2L of boiling water. Place a pot for the risotto over a medium heat with a drizzle of oil. When hot, fry the diced onion and picked thyme for 4-5 minutes until soft, shifting occasionally. Stir through the grated garlic and rice for 1-2 minutes. Add the wine and cook until almost completely reduced. 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 absorbed. Repeat this process for 20-25 minutes until the rice is cooked al dente.

2. FLIP & FRY THE FISH Pat the trout dry with some paper towel. Place a large non-stick pan over a medium-high heat with a drizzle of oil. When hot, fry the trout, skin-side down, for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through to your preference. In the final minute, baste the trout with a knob of butter (optional). Remove from the pan and season. Cover to keep warm.

3. ADD THE BITS & BOBS When the risotto is cooked, stir through the peas, rinsed spinach, grated Italian-style cheese and a generous knob of butter (optional). Add the lemon juice (to taste) and season.

4. NEVER DOUBT THE TROUT! Dish up the creamy risotto. Top with the trout fillet - skin-side up to keep it crispy! Drizzle over any remaining lemon juice (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	648kj
Energy	155kcal
Protein	9.5g
Carbs	20g
of which sugars	2.1g
Fibre	1.7g
Fat	3g
of which saturated	0.9g
Sodium	261mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish, Alcohol

Cook
within 2
Days