



# U C O O K

— COOKING MADE EASY

## AMALFI RISOTTO & GRILLED BASA

with sundried tomatoes & basil pesto  
crème

Pure and simple Italian seafood cooking! Zip off to the Mediterranean coast with tangy sun-dried tomatoes in a rich and creamy risotto, tender kale, and a golden basa fillet. Ciao bella!

---

**Prep + Active Time:** 35 minutes

**Total Cooking Time:** 45 minutes

---

 **Serves:** 1 person

---

 **Chef:** Deon Huysamer

---

 **Easy Peasy**

---

Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients

10ml	Vegetable Stock
1	Onion <i>peeled &amp; diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
100ml	Arborio Rice
50ml	White Wine
10g	Sunflower Seeds
25ml	Crème Fraîche
20ml	Pesto Princess Basil Pesto
50g	Kale <i>rinsed &amp; shredded</i>
1	Basa Fillet
25g	Sun-Dried Tomatoes <i>roughly chopped, reserving the oil</i>

## From Your Kitchen

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



### CHEF'S TIP

Taste the risottorice as you go because you may not need to use all of the stock if it cooks quickly. If you've added all of the stock and the rice isn't cooked yet, simply stir in one ladle of water at a time to continue with the cooking process.

## 1. FRAGRANT RISOTTO

Boil the kettle. Dilute the stock with 400ml of boiling water. Place a large pot for the risotto over a low-medium heat with a drizzle of oil. Sweat the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Stir in the grated garlic and rice. Pour in the wine and allow to bubble. When it has evaporated, stir through a ladle of stock. Allow it to be absorbed by the rice by gently simmering, stirring regularly. Only add the next ladle of stock when the previous one has been fully absorbed. Repeat for 20-25 minutes until the rice is cooked al dente.

## 2. SEEDS & CRÈME

Place a nonstick pan (large enough to fry the basa) over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Combine the crème fraîche and basil pesto in a bowl. Season to taste and set aside for serving.

## 3. WILT THE KALE

When the risotto is about halfway, return the pan to a medium-high heat with a drizzle of oil. Add in the shredded kale and 1 tbsp of water. Sauté for 2-3 minutes until wilted. On completion, season to taste and remove from the pan. Cover to keep warm and set aside for serving.

## 4. GOLDEN BASA

Wipe down the pan if necessary and return to a medium-high heat with another drizzle of oil. Pat the basa dry with some paper towel and season. When the pan is hot, fry the basa for 2-3 minutes per side until cooked through and golden. Remove from the pan on completion.

## 5. TIE IT ALL UP

When the risotto is cooked, stir through a knob of butter, the chopped sun-dried tomatoes, and the reserved sun-dried tomato oil. Remove from the heat.

## 6. SUPPERTIME

Dish up a mound of risotto with a side of kale and top with the grilled basa. Garnish with the toasted sunflower seeds and a dollop of pesto crème. Bravo, Chef!

## Nutritional Information

Per 100g

Energy (kJ)	708
Energy (kcal)	169
Protein	9
Carbs	17
of which sugars	2
Fibre	1
Fat	6
of which saturated	2
Salt	0

**Cook within:** 2 days **Allergens:** Egg Dairy Allium Sulphites Fish Tree Nuts Alcohol



Loved the dish? Rate it online.



Crowd Pleaser



Global Eats