



# UCOOK

## Emerald Risotto

**with goat's cheese, truffle zest & mushrooms**

Fresh spinach and chevin goat's cheese packed risotto, scattered with thyme enhanced mushrooms, and topped with tasty truffle zest. A good risotto is already hard to beat, and let us tell you; flavours like these make it near impossible.

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** David Higgs

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 Vegetarian

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 Warwick Wine Estate | First Lady Sauvignon Blanc

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## Ingredients & Prep

125g	Button Mushrooms <i>wiped clean &amp; quartered</i>
3g	Fresh Thyme <i>rinsed, picked &amp; finely chopped</i>
15ml	Vegetable Stock
80g	Spinach <i>rinsed</i>
1	Onion <i>peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
100ml	Arborio Rice
50ml	White Wine
2g	Truffle Zest
25g	Whole Italian-style Hard Cheese <i>grated</i>
1	Lemon <i>cut into wedges</i>
25g	Chevin Goat's Cheese

## From Your Kitchen

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

**1. GOLDEN MUSHIES** Boil the kettle. Place a pot (big enough for the risotto) over a medium-high heat with oil. When hot, fry the quartered mushrooms and chopped thyme for 4-5 minutes until golden brown. Remove from the pot on completion and season.

**2. GREEN MOMENT** Dilute the stock with 350ml of boiling water and set aside. Bring a pot of water to a boil. When boiling, blanch  $\frac{3}{4}$  of the spinach for 1-2 minutes until wilted - be careful not to overcook. Drain on completion and rinse under cold water to stop the cooking process. When cooled, squeeze out as much water as you can. Add the wilted spinach and 30ml of diluted stock to a blender, and blend until smooth.

**3. RISOTTO** Return the pot to a medium-high heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft and translucent. In the final minute, add the grated garlic and cook for a minute until fragrant, shifting constantly. Stir through the rice for 30 seconds. Pour in the wine and simmer until evaporated. 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 fully absorbed. Repeat this process for 20-25 minutes until the rice is cooked al dente.

**4. CREAMY SENSATION** In the final 2-3 minutes of the risotto, stir through the fried mushrooms,  $\frac{1}{2}$  of the truffle zest,  $\frac{3}{4}$  of the grated Italian-style cheese and 20g of butter. Season to taste and remove from the heat. Just before serving, stir through the blended spinach. In a bowl, toss the remaining spinach through some lemon juice, a drizzle of oil and season to taste.

**5. WARM UP YOUR BELLY** Dish up a helping of risotto and crumble over the goat's cheese. Garnish with the remaining hard cheese and truffle zest (to taste). Top with the dressed spinach. There you have it!



## Chef's Tip

Should you need more diluted stock, add more hot water. Or should you have stock leftover, that's fine — every risotto is different. Keep tasting the rice to check when it is cooked.

## Nutritional Information

Per 100g

Energy	515kj
Energy	123Kcal
Protein	5g
Carbs	18g
of which sugars	2g
Fibre	1.7g
Fat	2.6g
of which saturated	1.4g
Sodium	387mg

## Allergens

Egg, Dairy, Allium, Sulphites, Alcohol

Cook  
within  
4 Days