



UCCOOK

Lemon Risotto & Chicken Piccata

with fresh lemon & peas

Risotto has a reputation for being quite difficult to get right, but this recipe will be a breeze! Soon you will be feasting on perfectly al dente risotto rice, elevated with a lemony pea puree. Topped with golden-crusted chicken smothered in a piccata sauce and finished with cheese shavings.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Samantha du Toit

Adventurous Foodie

Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon Blanc 2019

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Ingredients & Prep

3	Onions <i>peel & finely dice</i>
3	Celery Stalks <i>rinse & finely slice</i>
300g	Peas
3	Lemons <i>rinse, zest & cut into wedges</i>
2	Chicken Stock Sachets
300ml	Risotto Rice
90ml	White Wine
90g	Italian-style Hard Cheese <i>grate ½ & peel ½ into shavings</i>
3	Free-range Chicken Breasts
60ml	Cake Flour
60g	Capers <i>drain</i>
8g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Paper Towel
Butter
Milk
Blender

1. PEA PUREE Boil the kettle. Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the diced onion and the sliced celery. Fry until lightly golden, 5-6 minutes. Remove from the pan. Place the fried onions & celery, and the peas in a blender. Add 90ml of milk, a squeeze of lemon juice (to taste), and seasoning. Blitz into a smooth purée.

2. READY RISOTTO Dilute the 1½ stock with 1.2L of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the remaining onion until softened, 4-5 minutes. Add the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add ¾ of the wine and simmer until almost evaporated, 1-2 minutes. Add a ladleful of the diluted stock and gently simmer until absorbed (stirring constantly). Once absorbed add the next ladle of stock. Repeat this process until the rice is cooked al dente, 20-25 minutes. Mix through the pea purée, the grated cheese, a knob of butter, the lemon zest (to taste), a squeeze of lemon juice (to taste), and seasoning. If too thick, loosen with a splash of hot water just before serving.

3. BUTTERFLIED CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season and lightly coat in the flour (shaking off any excess flour).

4. GOLDEN Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan.

5. PICCATA SAUCE Return the pan wiped down to medium heat with 60g of butter and a drizzle of oil. When melted, fry the drained capers, and ½ the chopped parsley, until fragrant, about 1 minute (shifting constantly). Pour in the remaining wine, a generous squeeze of lemon juice (to taste), and a splash of water. Simmer until slightly reduced, 2-3 minutes. Season (if necessary).

6. FANTASTIC FEAST Bowl up the lemon & pea risotto. Top with the chicken, pour over the piccata sauce, sprinkle over the cheese shavings, and garnish with the remaining parsley. Serve any remaining lemon wedges on the side. Wonderful work, Chef!

Nutritional Information

Per 100g

Energy	454kJ
Energy	108kcal
Protein	7.7g
Carbs	15g
of which sugars	2.5g
Fibre	2.2g
Fat	1.8g
of which saturated	0.7g
Sodium	144mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
3 Days