



UCOOK

Parmalat's Tomato & Chorizo Risotto

with feta, toasted pumpkin seeds & Parmalat's Paprika Butter

This vibrant dish combines the richness of ripe tomatoes and the smoky spiciness of chorizo, infused into a velvety risotto. Each bite is enhanced by notes of crumbled feta cheese, and a sprinkle of toasted pumpkin seeds provides a delightful crunch & nuttiness. Prepare to be captivated by the harmonious blend of flavours!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Parmalat

 Fan Faves

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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Ingredients & Prep

15ml	Italian Seasoning <i>(5ml Chicken Stock & 10ml NOMU Italian Rub)</i>
200ml	Tomato Passata
30g	Sliced Pork Chorizo <i>roughly chopped</i>
1	Onion <i>½ peeled & diced</i>
10ml	Tomato Paste
100ml	Risotto Rice
5g	Pumpkin Seeds
80g	Baby Tomatoes <i>halved</i>
40ml	Crème Fraîche
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
30g	Parmalat's Smoked Paprika Butter
20g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. TOMATO STOCK BASE Boil the kettle. Dilute the Italian seasoning with 400ml of boiling water. Stir in the tomato passata and set aside.

2. LOADED RISOTTO Place a pot over medium-high heat with a drizzle of oil. When hot, fry ½ the chopped chorizo and the diced 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. GOLDEN SEEDS 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.

4. TOMATOES & CHORIZO Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved baby tomatoes until charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the remaining chopped chorizo. Set aside, season, and cover.

5. FINISHING TOUCHES When the risotto is done, remove from the heat and stir through the crème fraîche, ½ the chopped parsley, Parmalat's Smoked Paprika Butter (to taste), and seasoning. Loosen with a splash of warm water if too thick.

6. DIG IN Dish up the tomato risotto. Top with the charred baby tomatoes & chorizo. Crumble over the drained feta and sprinkle over the toasted pumpkin seeds. Garnish with the remaining chopped parsley and finish off with a crack of black pepper. Well done, Chef!

Nutritional Information

Per 100g

Energy	772kJ
Energy	185kcal
Protein	3.9g
Carbs	15g
of which sugars	3.2g
Fibre	1.7g
Fat	11.8g
of which saturated	6.3g
Sodium	334mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days