

# UCCOOK

## Sophie Germanier's Sweet Corn Risotto

with Italian-style hard cheese & toasted pine nuts

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Sophie Germanier

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	555kj	3864kj
Energy	133kcal	924kcal
Protein	3.9g	26.9g
Carbs	18g	126g
of which sugars	2.9g	20.5g
Fibre	2g	13.9g
Fat	4.7g	32.6g
of which saturated	1.8g	12.7g
Sodium	210mg	1459mg

**Allergens:** Sulphites, Egg, Tree Nuts, Cow's Milk, Alcohol, Allium

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
5g	10g	Pine Nuts
20ml	40ml	Italian Vegetable Stock <i>(5ml [10ml] Vegetable Stock &amp; 15ml [30ml] NOMU Italian Rub)</i>
100g	200g	Corn
30ml	60ml	Crème Fraîche
30g	60g	Italian-style Hard Cheese <i>grate ½ &amp; peel ½ into ribbons</i>
1	1	Bell Pepper <i>rinse, deseed &amp; dice ½ [1]</i>
1	1	Onion <i>peel &amp; finely dice ½ [1]</i>
100ml	200ml	Risotto Rice
1	1	Garlic Clove <i>peel &amp; grate</i>
15ml	30ml	White Wine
20ml	40ml	Pesto Princess Basil Pesto

## From Your Kitchen

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Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

Butter

Blender

**1. TOAST & PREP** Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside. Loosen the pesto with a generous drizzle of olive oil.

**2. FRY & BLEND** Boil the kettle. Dilute the stock with 500ml [800ml] of boiling water. Return the pan to medium-high heat with a drizzle of oil. Fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan. Place ⅔ in a blender with the crème fraîche, the cheese, and 30ml [60ml] of the diluted stock. Blend until smooth and set aside.

**3. CHAR** Return the pan to medium-high heat with a drizzle of oil. Fry the pepper until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**4. SIMMER & STIR** Place a pot over medium heat with a drizzle of oil. When hot, sauté the onion until softened, 3-4 minutes. Add the risotto rice and the garlic. Stir until combined, 1-2 minutes. Mix in the wine and simmer until evaporated. Add a ladleful of the remaining stock and gently simmer until absorbed (stirring regularly). Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes. Mix through the blended corn and crème fraîche and 10g [20g] of butter.

**5. EAT!** Spoon the sweet corn risotto into a bowl. Scatter over the charred pepper, the remaining charred corn, the cheese ribbons, and the toasted pine nuts. Garnish with a drizzle of the pesto. Tuck in, Chef!