



UCOOK

Asparagus & Shimeji Mushroom Risotto

with Italian-style hard cheese & hazelnuts

This super tasty recipe is one of those dishes that makes the effort of preparing risotto so very worth it. Made with charred asparagus & fresh basil purée, and crowned with pan-fried shimeji mushrooms. Together with toasted hazelnuts, Italian-style hard cheese, this meatless main makes a delicious meal that your guests will love.


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Morgan Otten

 Adventurous Foodie

 Paserene | The Shiner White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Asparagus <i>rinsed</i>
10g	Hazelnuts <i>roughly chopped</i>
5g	Fresh Basil <i>rinsed, picked & roughly torn</i>
10ml	Vegetable Stock
1	Onion <i>peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
200ml	Risotto Rice
20ml	White Wine
40g	Italian-style Hard Cheese <i>½ grated & ½ peeled in ribbons</i>
60ml	Crème Fraîche
30ml	Lemon Juice
125g	Shimeji Mushrooms <i>trimmed</i>

From Your Kitchen

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

1. SNAP THE ASPARAGUS Break the thicker, hard ends off of the asparagus and discard. Cut off the soft tips and keep to one side. Cut the remaining stalks into bite-sized pieces and set aside.

2. GOLDEN HAZELS Place the chopped hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GREEN PURÉE Place a pan over medium heat with a drizzle of oil. When hot, fry the asparagus stalk pieces until charred, 3-4 minutes per side. Remove from the pan and place into a blender with ½ the torn basil, 100ml of water, seasoning, and a drizzle of oil. Pulse until smooth and creamy. Set aside.

4. READY THE RISOTTO Boil the kettle. Dilute the stock with 1.2L of boiling water. Place a pot for the risotto over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the grated garlic and the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until reduced, 2-3 minutes. Add a ladleful of the stock and allow it to be absorbed by gently simmering (stirring often). 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. Remove from the heat and stir through the grated cheese, the blended asparagus purée, the crème fraîche, the asparagus tips, the lemon juice, a generous knob of butter, and seasoning. Loosen with a splash of warm water if too thick.

5. YUMMY MUSHIES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the trimmed mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan, season, and set aside.

6. SERVICE, PLEASE! Plate up a generous portion of the emerald risotto and top with the golden mushrooms. Scatter with the toasted nuts and garnish with the remaining basil, cheese ribbons. Wow, Chef!



Chef's Tip

When you top and tail the asparagus, break off the thicker, hard end with your fingers to obtain stalks of the correct length.

Nutritional Information

Per 100g

Energy	593kJ
Energy	142kcal
Protein	4.4g
Carbs	20g
of which sugars	1.8g
Fibre	2.1g
Fat	4.9g
of which saturated	2.5g
Sodium	268mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 3
Days