



UCCOOK

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: Samantha du Toit

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	514kJ	3501kJ
Energy	123kcal	837kcal
Protein	3.8g	25.6g
Carbs	18g	126g
of which sugars	3g	20.3g
Fibre	2g	13.8g
Fat	3.5g	23.7g
of which saturated	1.6g	11.2g
Sodium	195mg	1329mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5g	10g	Pine Nuts
20ml	40ml	Italian Vegetable Stock <i>(5ml [10ml] Vegetable Stock & 15ml [30ml] NOMU Italian Rub)</i>
100g	200g	Corn
30ml	60ml	Crème Fraîche
30g	60g	Italian-style Hard Cheese <i>grate ½ & peel ½ into ribbons</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
100ml	200ml	Risotto Rice
1	1	Garlic Clove <i>peel & grate</i>
1	1	Bay Leaf
15ml	30ml	White Wine
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Blender
Seasoning (salt & pepper)

1. TOAST 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.

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 rice, the garlic, and the bay leaf. 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 & 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 the torn basil. Tuck in, Chef!