Eat Within 4 Days

Goat's Cheese, Tomato & Chorizo Risotto

with toasted pumpkin seeds

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	591kJ	3402kJ
Energy	141kcal	814kcal
Protein	5.3g	30.4g
Carbs	17g	100g
of which sugars	3.6g	20.8g
Fibre	1.6g	9.4g
Fat	5.3g	30.5g
of which saturated	2.9g	16.7g
Sodium	287mg	1651mg

Allergens: Sulphites, Cow's Milk, Alcohol, Allium

Spice Level: None

Test

Serves 1	[Serves 2]	
3g	5g	Fresh Basil *rinse, pick & roughly tear*
50g	100g	Chevin Goat's Cheese *sliced into thick rounds*
15ml	30ml	Italian Seasoning *(5ml [10ml] Chicken Stock & 10ml [20ml] NOMU Italian Rub)*
1	1	Tomato *rinse & cut into thin wedges*
1	1	Onion *peel & finely dice ½ [1]*
5g	10g	Pumpkin Seeds
30g	60g	Sliced Pork Chorizo *roughly chop*
100ml	200ml	Risotto Rice
10ml	20ml	Tomato Paste
100g	200g	Cooked Chopped Tomato
30ml	60ml	Crème Fraîche

From Your Kitchen

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

1. TOMATO STOCK BASE Boil the kettle. To a pan, add the Italian seasoning, diluting it with 400ml [800ml] of boiling water. Stir in the cooked chopped tomato and set aside.

2. LOADED RISOTTO Place a pot over medium-high heat with a drizzle of oil. When hot, fry ½ the chorizo and the 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. EXTRA TANGY Return the pan to medium-high heat with a drizzle of oil. When hot, fry the tomato until charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the remaining chorizo. Season, cover, and set aside.

4. HERBY GOAT'S CHEESE Place the basil on a chopping board, and spread out in a single layer. Place the goat's cheese rounds on the basil and gently coat both sides.

5. FINISHING TOUCHES When the risotto is done, remove from the heat and stir through the crème fraîche, and seasoning. Loosen with a splash of warm water if too thick.

6. DIG IN Dish up the tomato risotto. Top with the charred tomatoes and chorizo. Top with the herby goat's cheese and sprinkle over the pumpkin seeds. Finish off with a crack of black pepper. Well done, Chef!

Chef's Tip 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.