

UCCOOK

Vegan Butternut Risotto

with cashew nut cream cheese & pecans

NOMU Italian Rub-spiced butternut mash is swirled through risotto rice, together with a rich white wine & vegetable stock, spinach and cashew nut cream cheese. Add a squeeze of lemon, toasted pecans, fresh parsley and get ready for some, "You've outdone yourself with dinner tonight, Chef!"

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

Veggie

 KWV - The Mentors | KWV The Mentors
Grenache Blanc 2021

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



Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
30ml	NOMU Italian Rub
15ml	Vegetable Stock
2	Onions <i>peel & roughly dice 1½</i>
300ml	Risotto Rice
90ml	White Wine
60g	Pecan Nuts
90ml	Cashew Nut Cream Cheese
45ml	Nutritional Yeast
60g	Spinach <i>rinse</i>
1	Lemon <i>rinse & cut into wedges</i>
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BUTTERNUT FORGET Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. READY THE RISOTTO Boil the kettle. Dilute the stock with 1,2L of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost evaporated, 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, 25-30 minutes. Remove from the heat and season. Loosen with a splash of warm water if too thick.

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

4. FOR THE FLAVOUR When the butternut is cooked through and caramelised, remove from the oven and place 1/2 in a bowl. Mash with a fork or potato masher until smooth. When the risotto is done, add the mashed butternut to the risotto. Stir through the cream cheese, 3/4 of the nutritional yeast, the rinsed spinach, and seasoning.

5. FANCY DINNER Dish up a generous helping of the butternut risotto. Scatter over the remaining roasted butternut and add a squeeze of lemon juice (to taste). Garnish with the chopped parsley and the toasted pecans. Scatter over the remaining nutritional yeast. Finish it off with a crack of black pepper. Amazing work, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	513kJ
Energy	123kcal
Protein	3.2g
Carbs	19g
of which sugars	2.7g
Fibre	2.6g
Fat	3.2g
of which saturated	0.4g
Sodium	104mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol

Eat
Within
4 Days