

UCCOOK

Leek & Mushroom Quinoa Risotto

with spinach, hazelnuts & fresh thyme

Get ready to leek your lips! Silky charred leeks, earthy fried mushrooms & dollops of creamy crème fraîche top this rich leek & mushroom quinoa risotto. Sprinkle over toasted hazelnuts for crunch and lemon zest for zing, and it's ready to enjoy.


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Rhea Hsu

 Veggie

 Waterford Estate | Waterford The Library
Collection Edition: I-Tie 2017

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Ingredients & Prep

300g	Leeks <i>trimmed & halved lengthways</i>
30ml	Vegetable Stock
2	Garlic Cloves <i>peeled & grated</i>
300ml	White Quinoa <i>rinsed</i>
8g	Fresh Thyme <i>rinsed & picked</i>
90ml	White Wine
30g	Hazelnuts
375g	Button Mushrooms <i>roughly sliced</i>
60g	Spinach <i>rinsed</i>
45ml	Grated Italian-style Hard Cheese
150ml	Crème Fraîche
2	Lemons <i>zested & cut into wedges</i>

From Your Kitchen

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

1. LEEKS Boil the kettle. Thoroughly rinse the halved leeks. Thinly slice ½ of the leeks, and cut the remaining ½ into 2-3cm long pieces. Dilute the vegetable stock with 800ml of boiling water.

2. QUINOA Place a large pot over a medium-high heat with a drizzle of oil. When hot, add the sliced leeks and sauté for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and fry for 30-60 seconds until fragrant, shifting constantly. Add the quinoa and fry for about a minute, shifting constantly. Add the picked thyme and the wine, and cook until almost completely evaporated. Pour in the diluted stock and bring to a simmer. Cook for 20-25 minutes, stirring frequently. The quinoa should be cooked and have thickened enough to hold its shape on a plate.

3. HAZELNUTS Place the hazelnuts in a pan over a medium heat. Toast for 5-6 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

4. MUSHIES Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced mushrooms and fry for 6-7 minutes until soft, shifting occasionally. In the final minute, add the remaining thyme. Remove from the pan, season, and cover to keep warm.

5. CHAR Return the pan to a medium-high heat. Brush the cut-side of the leek pieces with oil. When the pan is hot, place the leek pieces cut-side down and cook for 2-4 minutes until charred. Toss in a knob of butter (optional) and a tiny splash of water, pop on the lid, and cook for 1-2 minutes until softened. Remove from the pan, season, and cover to keep warm.

6. CREAMY When the quinoa is done, stir through the rinsed spinach, the grated cheese, ½ the fried mushrooms, ½ the crème fraîche, and a generous knob of butter (optional). Loosen with a splash of hot water until a desired consistency. Add the lemon juice and zest (to taste), and season to taste.

7. RISOTTO Plate up the leek & mushroom quinoa risotto. Top with the charred leeks, the remaining mushrooms, and dollops of the remaining crème fraîche. Sprinkle over the chopped hazelnuts and any remaining lemon zest. Side with any remaining lemon wedges.

Nutritional Information

Per 100g

Energy	698kJ
Energy	167kcal
Protein	5.7g
Carbs	21g
of which sugars	2.7g
Fibre	3g
Fat	7.7g
of which saturated	3.1g
Sodium	243mg

Allergens

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

Cook
within 3
Days