

# UCOOK

## Sunshine Biltong Risotto

**with quinoa, baked gem squash & sun-dried tomatoes**

Experience the brightness and warmth of sunshine internally with this lush and light quinoa risotto. Swirled with gem squash and beef biltong, decorated with sun-dried tomatoes, crumbled with feta cheese, and drizzled with balsamic glaze.

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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♥ Health Nut

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🍷 Haute Cabrière | Pinot Noir Rosé

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## Ingredients & Prep

1	Gem Squash <i>halved &amp; deseeded</i>
100ml	White Quinoa
100g	Leeks <i>trimmed</i>
10ml	Chicken Stock
1	Garlic Clove <i>peeled &amp; grated</i>
25g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
30ml	De-alcoholised White Wine
20g	Spinach <i>riused</i>
50g	Free-range Ostrich Biltong <i>roughly chopped</i>
40g	Danish-style Feta <i>drained</i>
7,5ml	Balsamic Glaze

## From Your Kitchen

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

**1. BAKE THE GEMS** Preheat the oven to 200°C. Place the deseeded gem squash halves on a baking tray, cut-side up. Lightly drizzle with oil and season. Bake in the hot oven for 15-20 minutes until cooked through. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining cooking time.

**2. BE PREPAAARED!** Boil the kettle. Rinse the quinoa and set aside in a sieve to drain. Slice the trimmed leeks in half lengthways and rinse thoroughly. Roughly chop and set aside. Dilute the stock with 500ml of boiling water.

**3. THERE'S THAT SUNSHINE** Place a pot over a low-medium heat with a drizzle of oil or knob of butter. When hot, sauté the leeks for 3-4 minutes until soft. Evenly stir through the grated garlic, ½ of the chopped sun-dried tomatoes, and the drained quinoa. Add the white wine and stir until evaporated. Stir in a ladleful of stock and allow it to be absorbed by gently simmering and stirring regularly. Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process for 15-20 minutes until the quinoa is cooked and thickened.

**4. SO FRESH AND SO GREEN** While the risotto is on the go, toss ½ of the rinsed spinach with a drizzle of oil and some seasoning. Set aside for serving.

**5. FINISHING TOUCH** When the risotto is nearing completion, scoop out the cooked gem squash flesh and add to the pot along with ¾ of the chopped biltong and the remaining fresh spinach. Cook for 2-3 minutes, stirring until incorporated and the spinach is wilted. On completion, season and remove from the heat.

**6. TUCK IN** Plate up a heap of sunshine risotto and crumble over some feta cheese. Garnish with the remaining sun-dried tomatoes and biltong. Drizzle over the balsamic glaze and serve the fresh dressed spinach on the side. A supper with South African flavour!



## Chef's Tip

When baking your gem squash turn your oven to grill for the final 10 minutes to get a little char on your gems – remember, colour equals flavour!

## Nutritional Information

Per 100g

Energy	688kj
Energy	131Kcal
Protein	10.6g
Carbs	19g
of which sugars	4.2g
Fibre	2.3g
Fat	5.1g
of which saturated	1.8g
Sodium	531mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days