



UCOOK

Butternut & Burnt Butter Risotto

with sage, pecan nuts & balsamic reduction

A subtle balance of sweet and salty, this meal will fill your belly and warm your soul. Cheesy risotto swirled with succulent mashed butternut, doused with decadent burnt sage butter, and served with balsamic-dressed leaves. Stunning!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Fan Faves

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

250g	Butternut <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i>
20ml	NOMU Vegetable Stock
1	Onion <i>½ peeled & finely diced</i>
100ml	Risotto Rice
1	Garlic Clove <i>peeled & grated</i>
5ml	Paprika
65ml	White Wine
10g	Pecan Nuts
8g	Fresh Sage <i>rinsed, picked & dried</i>
65ml	Grated Italian-style Hard Cheese
20g	Green Leaves <i>rinsed</i>
7,5ml	Balsamic Reduction

From Your Kitchen

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

1. OVEN-CARAMELISED BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. GO RISOTTO! Boil the kettle. Dilute the stock with 500ml of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, sauté the diced onion until softened, 3-4 minutes. Add in the rice, grated garlic, paprika and stir until coated, 1-2 minutes. Mix in the wine and simmer until evaporated. Add a ladleful of stock and allow it to be absorbed by gently simmering (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.

3. TOASTED NUTS & CRISPY SAGE When the risotto has 10 minutes remaining, place the pecan nuts in a pan over medium heat. Toast until beginning to pop and turn brown, 3-5 minutes. Remove from the pan and set aside to cool. Return the pan to medium-high heat with a drizzle of oil and 30g of butter. Once foaming, fry the sage leaves until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!) Drain on paper towel. Reserve the sage-infused butter for serving.

4. SMOOTH MASH When the butternut is cooked through and caramelised, remove from the oven and place ½ in a bowl. Mash with a fork or potato masher until smooth and add to the risotto. Stir through ¾ of the cheese until melted and evenly distributed. Season.

5. JUST ONE MORE THING... Toss the rinsed green leaves with a drizzle of olive oil, seasoning, and ½ the balsamic reduction (to taste).

6. DECADENT RISOTTO Dish up a generous mound of risotto and scatter with the remaining roast butternut pieces. Top with the remaining balsamic reduction, the crispy sage leaves and drizzle over the sage butter to taste. Scatter with the toasted pecan nuts, sprinkle over the remaining cheese, and side with the dressed leaves. You're a natural, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	605kj
Energy	145kcal
Protein	4.9g
Carbs	21g
of which sugars	3.3g
Fibre	2.8g
Fat	3.9g
of which saturated	1.3g
Sodium	331mg

Allergens

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

Cook
within
4 Days