



UCOOK

Roasted Roots & Barley Risotto

with Italian-style hard cheese & fresh basil


A delightful twist on a classic dish – you will barley believe it! Beautifully charred roasted butternut & beetroot sit atop a creamy & cheesy barley risotto. Finished off with vibrant basil & tart baby tomatoes to cut through the richness. When did your kitchen win a Michelin star, Chef?


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

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Ingredients & Prep

150g	Beetroot Chunks <i>cut into bite-sized pieces</i>
200g	Butternut Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse, pick & finely chop</i>
40ml	White Wine
75ml	Pearled Barley <i>rinse</i>
7,5ml	Vegetable Stock
40ml	Grated Italian-style Hard Cheese
50ml	Crème Fraîche
80g	Baby Tomatoes <i>rinse & cut in half</i>
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. TURN UP THE BEET Preheat the oven to 200°C. Place the beetroot & butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. RISOTTO BASE Place a pot over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the grated garlic, the chopped thyme, and the wine. Fry until the wine has almost all evaporated, 1-2 minutes (shifting frequently).

3. RAVISHING RISOTTO When the wine has almost all evaporated, add the rinsed barley, the stock, and 350ml of water to the pot. Bring to a boil, then reduce the heat, and simmer until the barley is cooked through, 20-25 minutes (stirring occasionally as the water is absorbed and adding more only if required).

4. IT'S A GO FOR THE RISOTTO When the barley is al dente, drain if necessary. Remove from the heat and stir through ½ the grated cheese, the crème fraîche, and a knob of butter. Mix until combined. Loosen with a splash of warm water if it's too thick.

5. WINNER OF A DINNER Generously pile up the creamy barley risotto and top with the roasted veg. Sprinkle over the remaining cheese and the halved tomatoes. Garnish with the torn basil. Time to dine, Chef!



Chef's Tip

Air fryer method: Coat the beetroot and butternut pieces in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	464kJ
Energy	111kcal
Protein	3.3g
Carbs	14g
of which sugars	2.1g
Fibre	3.1g
Fat	4g
of which saturated	2.3g
Sodium	161mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Alcohol, Cow's Milk

Cook
within 3
Days