

QCOOK

Ruby Beet Risotto

with white wine, fresh thyme & cashew nut cream cheese

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	497kj	3313kj
Energy	119kcal	792kcal
Protein	3.8g	25.6g
Carbs	19g	125g
of which sugars	3.8g	25.4g
Fibre	2.5g	16.5g
Fat	2.1g	14.2g
of which saturated	0.4g	2.5g
Sodium	127mg	847mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
300g	600g	Beetroot <i>rinse, trim, peel & cut into bite-sized pieces</i>
10ml	20ml	Ina Paarman Vegetable Stock
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse, pick & finely chop</i>
100ml	200ml	Risotto Rice
20ml	40ml	White Wine
10ml	20ml	Balsamic Reduction
50ml	100ml	Cashew Nut Cream Cheese
10g	20g	Pumpkin Seeds
20ml	40ml	Nutritional Yeast
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Blender

Butter

1. PERFECT PUREE Place the beetroot in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, reserve some water, and place the beetroot with a splash of water in a blender and blend until smooth. Season and cover.

2. UN-BEET-ABLE Boil the kettle. Dilute the stock with 400ml [800ml] of boiling water. Place a pot for the risotto over medium heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic, thyme, and the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost evaporated, 1-2 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, 20-25 minutes. In the final 1-2 minutes, add 1/2 of the nutritional yeast. Remove from the heat and stir through the balsamic reduction and the beetroot puree. Loosen with the reserved water in increments if it's too thick.

3. RUBY RISOTTO Bowl up the risotto, top with dollops of cashew nut cream cheese, pumpkin seeds, the remaining nutritional yeast, and chives. Enjoy your meal, Chef.