



UCOOK

Mushie & Truffle Quinoa Risotto

with crispy kale & truffle zest

Exotic mushrooms, sour cream and fragrant garlic are all added to a creamy quinoa risotto, topped with truffle zest. Crispy kale leaves add crunch to this rich dish, along with a sprinkling of fresh parsley. This dish is mega moreish, how could you resist?

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Boschendal | MCC Brut NV

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Ingredients & Prep

50g	Kale <i>rinsed & roughly shredded</i>
7,5ml	Vegetable Stock
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
100ml	Quinoa
125g	Mixed Exotic Mushrooms <i>wiped clean, trimmed & roughly sliced</i>
15ml	Grated Italian-style Hard Cheese
50ml	Sour Cream
2,5ml	Truffle Zest
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. MASSAGE THE KALE Preheat the oven to 200°C. Boil the kettle. Place the shredded kale on a roasting tray with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. Set aside. Dilute the vegetable stock with 400ml of boiling water.

2. CREAMY QUINOA RISOTTO Place a pot or deep saucepan (large enough for the risotto) over a medium-high heat with a drizzle of oil. When hot, add the diced onion 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. Pour in the diluted stock and some seasoning and bring to a simmer. Gently cook for 20-25 minutes, stirring frequently. On completion, the quinoa should be cooked and have thickened enough to hold its shape on a plate.

3. GOLDEN MUSHROOMS Place the tray of kale in the hot oven and roast for 8-10 minutes until crispy. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the sliced mushrooms and fry for 4-5 minutes until soft and golden, shifting occasionally. Season to taste. When the quinoa is done, stir through the grated cheese, ½ the sour cream, ½ the fried mushrooms, and a generous knob of butter (optional).

4. SO MUSH YUM! Plate up a mound of the mushroom quinoa risotto. Top with the remaining fried mushrooms, dollop over the remaining sour cream and sprinkle over the truffle zest (to taste). Side with the crispy kale and sprinkle over the chopped parsley. Dig in!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary, adding more oil or butter between batches. Mushrooms release water, so if there are too many in the pan, they could end up boiled!

Nutritional Information

Per 100g

Energy	562kJ
Energy	134Kcal
Protein	5.1g
Carbs	19g
of which sugars	1.9g
Fibre	3g
Fat	4.5g
of which saturated	1.6g
Sodium	245mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days