



UCOOK

Vegetarian Leek & Lemon Risotto

with a green bean and walnut burnt butter


Skip the meat this Easter with this decadent risotto dish. Layers of leek, butter, white wine, celery, golden raisins, rich vegetable stock & creamy cheese come together to elevate al dente risotto. Finish with toasted walnuts and scatterings of garlic, lemon & thyme green beans. This meal will put a skip in your step, Chef!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 KWV - The Mentors | KWV The Mentors
Grenache Blanc 2021

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Ingredients & Prep

80g	Green Beans <i>rinse, trim & cut in half</i>
1	Garlic Clove <i>peel & grate</i>
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
3g	Fresh Thyme <i>rinse, pick & finely chop</i>
200g	Leeks <i>trim at the base & cut in half lengthways</i>
40g	Italian-style Hard Cheese <i>grate</i>
7,5ml	Vegetable Stock
1	Celery Stalk <i>rinse & roughly slice</i>
100ml	Risotto Rice <i>rinse</i>
30ml	White Wine
25g	Walnuts <i>roughly chop</i>
10g	Raisins

From Your Kitchen

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

1. IT'S A GO FOR GREEN BEANS Boil the kettle. Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting occasionally). In the final minute, add ½ the grated garlic, ½ the lemon zest, and ½ the chopped thyme. Fry until fragrant, 1 minute (shifting constantly). Remove and place in a bowl.

2. BUTTERY, CHEESY LEEKS Thoroughly rinse the halved leeks and cut into 2-3cm thick pieces. Return the pan to medium heat with a drizzle of oil. When hot, fry the leeks until charred, 7-8 minutes (shifting occasionally). Add a splash of water and cover with the lid. Simmer until the water has evaporated, 2-3 minutes. Add a knob of butter and ½ the grated cheese. Cover with a lid until the cheese is melted, 4-5 minutes. Remove from the pan, season, and cover.

3. READY THE RISOTTO Dilute the stock with 600ml of boiling water. Place a pot for the risotto over medium heat with a drizzle of oil. When hot, fry the sliced celery until soft, 3-4 minutes (shifting occasionally). Add the remaining garlic and the risotto rice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until reduced, 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. Remove from the heat and stir through the remaining cheese, a generous knob of butter, and seasoning. Loosen with a splash of warm water if too thick.

4. NUTTY RAISIN BUTTER Return the pan, wiped down, to medium heat. Toast the chopped walnuts until golden brown, 2-4 minutes (shifting occasionally). Add 20g of butter. Once foaming, add the raisins and a squeeze of lemon juice (to taste). Cook until plumped, 1 minute. Remove from the heat.

5. GORGEOUS FEAST Generously pile up the risotto. Lay over the cheesy leeks and drizzle with the lemon-infused raisin butter. Scatter over the beans and the toasted walnuts. Garnish with the chopped thyme. Wow!

Nutritional Information

Per 100g

Energy	611kJ
Energy	146kcal
Protein	4.8g
Carbs	21g
of which sugars	3.9g
Fibre	2.3g
Fat	4.7g
of which saturated	1.1g
Sodium	181mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Cook
within 5
Days