



UCOOK

Goat's Cheese & Sage Risotto

with toasted nuts & baby onions

This delicious goat's cheese risotto is made with garlic, white wine, veggie stock, and is topped with crispy sage, toasted nuts and roasted baby onions. You'll feel like you're at a luxury restaurant at your dining room table with this divine, fragrant and decadent dish right in front of you!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Sarah Hewitt

Veggie

Groote Post Winery | Groote Post Riesling

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

5ml	Vegetable Stock
3	Baby Onions <i>peel & half lengthways</i>
10g	Almonds <i>roughly chop</i>
3g	Fresh Sage <i>rinse, pick & dry</i>
1	Garlic Clove <i>peel & grate</i>
100ml	Risotto Rice
40ml	White Wine
50g	Chevin Goat's Cheese
15ml	Lemon Juice
10ml	Balsamic Reduction

From Your Kitchen

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

1. STOCK MARKET Preheat the oven to 200°C. Boil the kettle. Dilute the stock with 500ml of boiling water. Place the halved onions, cut-side down, on a tinfoil-lined roasting tray, coat in oil, and season. Spread out evenly on the tray. Roast in the hot oven for 20-25 minutes until soft and caramelised.

2. A IS FOR ALMONDS Place the chopped almonds in a pot, large enough for the risotto, over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAGE BUTTER Return the pot to a medium-high heat with a drizzle of oil and 30g of butter. Once foaming, fry the picked sage leaves until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!). Remove the infused butter from the pot, drain the crispy sage leaves on paper towel and set aside for serving.

4. RISOTTO RAZZLE Return the pot to medium heat with a drizzle of oil. When hot, fry the grated garlic and the risotto rice 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. When the risotto is done, add a knob of butter. Loosen with a splash of warm water, if necessary. Season.

5. IT'S TIME TO DINE! Plate up a generous helping of the creamy risotto and top with dollops of goat's cheese, the caramelised baby onions, and a drizzle of lemon juice (to taste). Sprinkle over the crispy sage and the toasted nuts. Drizzle over the infused butter and the balsamic reduction. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	591kJ
Energy	141kcal
Protein	4.9g
Carbs	27g
of which sugars	7.3g
Fibre	2.5g
Fat	3.2g
of which saturated	1.5g
Sodium	149mg

Allergens

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

Eat
Within
4 Days