Mediterranean risotto

Preparation time
10 minutes

Cooking time
40 minutes

Serves
4-6

Recipe courtesy of
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Ingredients | Method | Nutrition

2 tbsp olive oil

5 chicken thigh fillets, sliced

200g button mushrooms, sliced

1 leek, trimmed, finely sliced

1 medium onion, finely chopped

2 garlic cloves, crushed

2 cups arborio rice

1L of hot chicken stock

1 punnet of cherry tomatoes

2 cups spinach leaves

½ cup grated parmesan cheese

1 lemon finely grated

1 tbsp fresh or dried thyme

1 tbsp fresh or dried rosemary

1. Heat half the oil in a heavy-based saucepan on medium heat. Add chicken and cook for 2-3 minutes, until browned. Transfer to plate. Cover and keep warm.
2. Heat remaining oil in the same saucepan on medium. Sauté mushrooms, leeks, onion, and garlic for 1-2 minutes, until starting to soften. Season to taste. Stir rice through. Cook for 1 minute.
3. Stir in 1 cup of hot stock and cook, stirring, until stock is absorbed. Continue adding stock 1 cup at a time until each addition is absorbed, stirring, and simmering for about 20-25 minutes, until risotto is tender and creamy.
4. Stir in chicken, cherry tomatoes, spinach, parmesan and lemon. Add chopped herbs. Cook for a further 2-3 minutes and then serve.

Nutritional information is provided per serve

Engery	3007kJ (719 calories)
Protein	42g
Saturated Fat	8g
Total Fat	27g
Carbohydrates	73g
Sugars	7g
Dietary Fibre	6g
Sodium	-