

Chicken and Vegetable Risotto

Ingredients

1 tbsp olive oil
1 large onion, finely chopped
2 tsp minced garlic
2 cups Arborio rice
2 cups pumpkin, cut into small cubes
6 cups chicken stock
300 g chicken breast, cubed
1 cup mushrooms, halved
1 cup sun-dried tomatoes (or antipasto mix)
1 small packet spinach leaves
¼ cup parmesan cheese
Freshly ground black pepper, to serve



Optional:

Swap vegetables for equal portions of any variations as desired e.g. peas, corn, eggplant, capsicum, broccoli. Fresh or frozen vegetables both work well.

Method

1. Heat large saucepan over medium heat, add oil, onion and garlic, cook for 2 minutes or until lightly brown.
2. Add Arborio rice and cook, stirring for 1 minute.
Add stock, one cup at a time, to the rice. Add next cup when the stock has absorbed.
3. Add pumpkin and cook until all stock is absorbed (about 20 mins) and pumpkin is tender.
4. In a separate pan, cook chicken until tender.
5. Once all stock has been absorbed and desired thickness has been achieved, stir through the chicken, mushrooms, sun-dried tomatoes, spinach, parmesan cheese and any other vegetables of choice. Heat and mix through. Serve with side salad.