

Chicken Risotto

The best thing with this recipe is that you can add other ingredients if you wish such as mushrooms and vegetables, just make sure you cut them to a size that will cook in the time.

Ingredients:

- 200 g Risotto (Arborio) Rice
- 2 large chicken breasts - cubed
- 1 litre of chicken or vegetable stock - this must be hot. (A stock cube in boiling water will do)
- 1 Garlic clove - chopped
- 1 Onion - chopped
- Half a Red Pepper - sliced
- Half a Green Pepper - sliced
- 10 g Butter
- Salt and pepper to taste

Method:

In a large frying pan saute the onion and garlic in the butter until soft.

Add the chicken pieces and seal over until lightly browned.

Add the pepper and saute for one minute.

Add the rice and stir to coat well in the butter

Add a ladle full of the hot stock - need not be exact and if you haven't got a ladle then about half a cup full should be about right.

Simmer until the stock is absorbed then add another ladle full.

Continue in this way until the chicken is cooked and the rice is soft, tender and creamy but the grains are still firm in the centre. (You might not need ALL the stock)

Add seasoning to taste