

RECIPE OF THE WEEK

CHICKEN, MUSHROOM, SPINACH AND SUNDRIED TOMATO RISOTTO

Serves: 4-6

INGREDIENTS
• Chicken breast   — 3
• Chicken stock — 1L
• Olive oil  — 2T
• Onion, chopped — 1
• Arborio rice — 2C
• Semi-dried tomatoes — 1/2C
• Spinach  — 80g
• Grated parmesan — 1/4-1/2C
• Hot water  — 1C
• Mushrooms — 1C
• White Wine — 1.5C

Heat oil in skillet, cook chicken till slightly brown on medium to high heat. Remove and set aside.

Cook onion until tender on medium to high heat. Add rice cook for 1 min. Add stock and half the wine bring to boil. Simmer for 20mins.

Stir in chicken, mushrooms, tomatoes, spinach, cheese, wine and water. Simmer for 5mins. Check for consistency, cook a little longer if there is excess liquid.

Serve with parmesan as a garnish.