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by
ewfood

Chicken and Sun-Dried Tomato Risotto [1]

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Ingredients

2 fl oz. olive oil
1lb. chicken fillets, skinless and cubed
1 leek
1oz. sundried tomatoes sliced
1.5oz. baby spinach
6oz. risotto rice
48fl oz. stock
Servings
4
Person
Preparation Time
10
min

Preparation

- **1**
Sauté the chicken and once browned remove from heat
- **2**
Sauté the leek and sundried tomatoes in the olive oil until the leeks are brown
- **3**
Remove the vegetables from the pan leaving the oil and add the rice. Sauté the rice while stirring it until it is translucent
- **4**
Add the chicken, vegetables and a ladleful of stock to the rice and stir occasionally until the stock is absorbed
- **5**
Add the baby spinach with the final ladleful of stock and cook until the stock is absorbed and the spinach is wilted
- **6**
Serve.

Cooks Note

Preparation time: 10 minutes; Cooking time: 30 - 40 minutes; Serves 4

Links

[1] <https://www.expatswoman.com/ewfood/recipes/chicken-and-sun-dried-tomato-risotto>

[2] <https://www.expatswoman.com/ewfood/flag/flag/madeit/5797?destination=printpdf/5797&token=7f6f3bc5d99cb93ca383f10e7b2af98a>

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