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by ewfood

Chicken and Sun-Dried Tomato Risotto

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
