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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 sock 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

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