

CHICKEN & PEA RISOTTO



Serves 4



Prep Time 10 minutes



Cook Time 25 minutes



INGREDIENTS

- 3 ½ cups reduced salt chicken stock
- 400g chicken thigh fillets, skinless
- 1 medium onion, chopped
- 1-2 garlic cloves, crushed
- 1 ½ cup **SunRice Arborio or Risotto Rice**
- ½ cup dry white wine
- 1 ½ cup **Wattie's Frozen Baby Peas**
- 30g grated Parmesan Cheese
- Handful fresh parsley leaves, chopped

METHOD

1. Heat chicken stock in a saucepan until boiling. Remove from heat. Cover and set aside.
3. Cut chicken into 1cm pieces.
4. Heat a dash of olive oil in a deep medium sized frying pan. Add chicken and stir-fry over a high heat until meat is coloured. Reduce heat. Add onion and garlic and stir while cooking, until onion begins to soften.

5. Add **SunRice Arborio Rice** and stir while cooking until the grains whiten. Pour over white wine and allow to boil until liquid is reduced by half.
6. Pour over half the hot stock. Continue cooking over a medium to low heat, stirring regularly until the rice has almost absorbed the stock. Continue adding remaining stock, ½ cup at a time, stirring at regular intervals and adding more stock as necessary. Cook time will be about 20 minutes. Add **Wattie's Frozen Baby Peas**. Stir and continue cooking for a further 5 minutes until stock has been absorbed and rice is tender. Stir through grated parmesan cheese. Serve garnished with freshly chopped parsley and lemon wedges on the side.

TIPS

- Gentle stirring will ensure the starch is released from the rice to give the creamy mouthfeel of a traditional risotto. If the stirring is too vigorous, the rice grains will be damaged.
- Cooked Risotto should have a creamy mouthfeel with a tender rice texture with a little bite (al dente).
- You can make your own chicken stock if preferred. Click [here](#) for a recipe