

Chicken & Mushroom Risotto

- 500G CHICKEN BREASTS
- 2 CUPS MUSHROOMS - SLICED
- 1 CUP ARBORIO RICE
- 4 CUPS VEGETABLE STOCK (HOME MADE OR STORE BOUGHT SALT REDUCED)

- LIGHTLY SAUTEE THE MUSHROOMS IN A SAUCEPAN OVER HIGH HEAT.
YOU MAY NEED A TOUCH OF OIL OR WATER TO DO THIS.

- ADD THE RICE AND TOSS TO COAT. COOK FOR 2-3 MINUTES.

- GRADUALLY ADD THE STOCK IN BATCHES. STIR REGULARLY FOR 20 MINUTES.

- REMOVE AND ALLOW STAND FOR A FEW MINUTES.

- MEANWHILE IN A FRYPAN YOU CAN EITHER GRILL THE CHICKEN BREAST
OR IN A SAUCEPAN POACH THE CHICKEN BREAST.

- STIR THE CHICKEN THROUGH THE RISOTTO MIX.

NUTRITION INFORMATION

- 1.COMPLEX CARBOHYDRATE = ARBORIO RICE
2. PROTEIN = CHICKEN
- 3.HEALTHY FAT = VEGETABLE STOCK
- 4.MICRONUTRIENTS = MUSHROOMS

