

Cooking With Knightcorp

LYNLEY'S CHICKEN AND SUN-DRIED TOMATO RISOTTO

INGREDIENTS

- 6 cups chicken stock
- 40g butter
- 500g chicken trimmed, cubed
- 1 medium leek, halved, washed and sliced
- 2 cups arborio rice
- 1/2 cup sun-dried tomatoes, thinly sliced
- 150g baby spinach
- Pine nuts
- Parmesan cheese

METHOD

1. Place stock in a saucepan. Bring to the boil over high heat. Reduce heat to low and simmer until required.
2. Meanwhile, melt half the butter in a large, heavy-based saucepan over medium heat. Cook chicken, stirring occasionally, for 5 to 6 minutes or until brown and cooked through. Transfer chicken to a plate and cover with foil.
3. Melt remaining butter in saucepan over medium-high heat. Add leek. Cook, stirring for 5 minutes or until soft. Add rice, stirring for 1 minute. Add 1 ladle of stock to the rice. Stir with a wooden spoon until liquid is absorbed. Repeat with remaining stock, 1 ladle at a time.
4. Roast pine nuts in the oven until golden.
5. Add chicken to rice mixture. Cook, stirring for 2 minutes or until heated through. Add sun-dried tomatoes and spinach. Cook, stirring for 1 minute or until spinach has wilted.
6. Serve sprinkled with pine nuts and parmesan cheese