



health & wellbeing

recipe: chicken risotto (serves 4)

By Sharon Natoli
Accredited Practising Dietitian and Director
Food & Nutrition Australia
www.foodnut.com.au
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Ingredients

- 2 tblsp olive oil
- 2 cups mushrooms, sliced
- 4 spring onions
- 340g chicken breast, no skin
- 2 cups Arborio rice
- 4 cups salt reduced chicken stock
- 2 cups water

Instructions

1. Heat 2 tsp oil in a large saucepan and stir fry chicken until cooked.
2. Add mushrooms and spring onions and cook for 1-2 minutes.
3. Remove chicken and vegetables. Add remaining 2 tsp of oil to pan and stir-fry rice for 3 minutes.
4. Add 1-cup stock or water to rice and stir constantly until liquid is absorbed. Add a further cup of stock or water and continue this process until all the liquid is used.
5. Add chicken and vegetable mixture to rice and stir through.

Ideas and Variations

Other vegetables can be used in place of the spring onions and mushrooms. Try red and green capsicum, snow peas, squash, broccoli or zucchini.

For a vegetarian alternative, leave out step one and add 1 ½ cups cooked chickpeas after rice is cooked.



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Nutritional Information

	Average Quantity Per Serve
energy	2,300 kJ
protein	29 g
fat (total)	10 g
- saturated	2g
carbs (total)	89 g
- sugar	3 g
sodium	455 mg
dietary fibre	5 g