



Member Recipes

ONE POT CHICKEN AND SPINACH RISOTTO

INGREDIENTS

- 1 litre Chicken stock
- 1 tbsp oil
- 500 g chicken breast sliced
- 1 onion, finely chopped
- 2 cloves Garlic, crushed
- 1 ½ cups Arborio rice
- 1 kg butternut pumpkin, peeled, cut in to 2 cm cubes
- 150g baby spinach
- ¼ cup grated parmesan cheese

DIRECTIONS

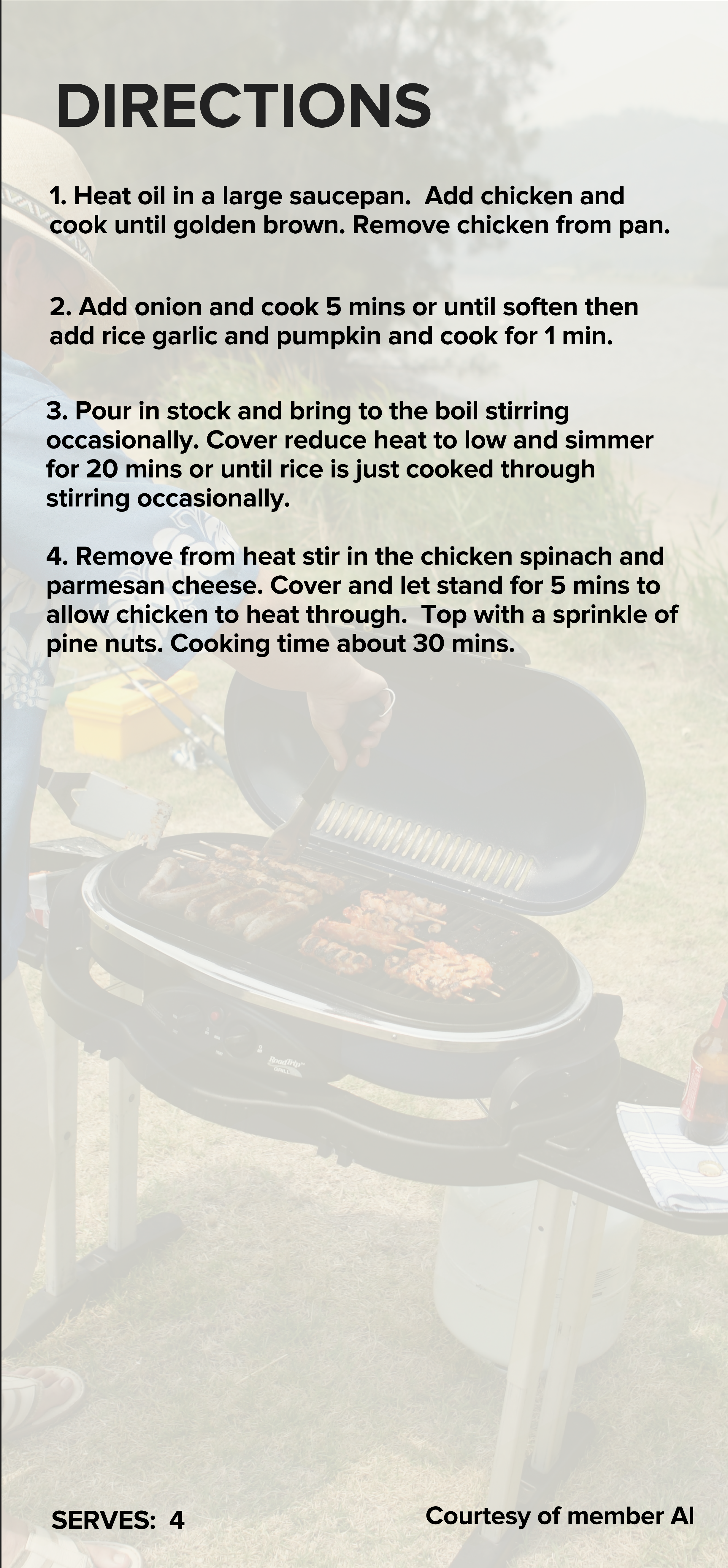
1. Heat oil in a large saucepan. Add chicken and cook until golden brown. Remove chicken from pan.
2. Add onion and cook 5 mins or until soften then add rice garlic and pumpkin and cook for 1 min.
3. Pour in stock and bring to the boil stirring occasionally. Cover reduce heat to low and simmer for 20 mins or until rice is just cooked through stirring occasionally.
4. Remove from heat stir in the chicken spinach and parmesan cheese. Cover and let stand for 5 mins to allow chicken to heat through. Top with a sprinkle of pine nuts. Cooking time about 30 mins.

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SERVES: 4

Courtesy of member Al