

BAKED CHICKEN RISOTTO



Baked
Chicken Risotto (p. 57)

*Can be prepared early *Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Olive oil	½ tbsp	2 tbsp	3 tbsp
Brown onion	1 small	1 large	2 large
Chicken thigh fillets	350g	1.5kg	3.5kg
Chicken stock	1 litre (4 cups)	4 litres	10 litres
Baby spinach leaves	150g	600g	1.5kg
Pumpkin	400g	1.5kg	4kg
Arborio or basmati rice (uncooked)	1 cup	4 cups	10 cups
Parmesan cheese	1 tbsp	¼ cup	¾ cup

Method

1. Preheat oven to 180°C.
2. Peel and finely dice onion.
3. Cut chicken into small strips, removing any skin or bones.
4. Wash spinach. Cut pumpkin into small cubes.
5. Heat oil in non-stick frying pan over medium heat.
6. Add chicken to pan. Cook, turning, for 5 minutes or until browned.
7. Remove from pan and set aside.
8. Add onion and rice. Stir to combine.
9. Add stock, spinach and pumpkin to pan and bring to the boil for 1 minute.
10. Transfer mixture to a baking dish. Place chicken on top of rice, cover and bake for 25 minutes.
11. Remove lid, stir and return to oven, cooking for a further 10 minutes or until rice is cooked through and all liquid has been absorbed.
12. Serve with steamed vegetables.

🌱 Dairy free 🌱 Gluten free 🌱 Vegetarian 🌱 Egg free