



Dietitians Australia

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Preparation time
10 minutes

Cooking time
40 minutes

Serves
4-6

Recipe courtesy of
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Ingredients Method Nutrition

2 tbsp olive oil
5 chicken thigh fillets, sliced
200g button mushrooms, sliced
1 leek, trimmed, finely sliced
1 medium onion, finely chopped
2 garlic cloves, crushed
2 cups arborio rice
1L of hot chicken stock
1 punnet of cherry tomatoes
2 cups spinach leaves
½ cup grated parmesan cheese
1 lemon finely grated
1 tbsp fresh or dried thyme
1 tbsp fresh or dried rosemary

1. Heat half the oil in a heavy-based saucepan on medium heat. Add chicken and cook for 2-3 minutes, until browned. Transfer to plate. Cover and keep warm.
2. Heat remaining oil in the same saucepan on medium. Sauté mushrooms, leeks, onion, and garlic for 1-2 minutes, until starting to soften. Season to taste. Stir rice through. Cook for 1 minute.
3. Stir in 1 cup of hot stock and cook, stirring, until stock is absorbed. Continue adding stock 1 cup at a time until each addition is absorbed, stirring, and simmering for about 20-25 minutes, until risotto is tender and creamy.
4. Stir in chicken, cherry tomatoes, spinach, parmesan and lemon. Add chopped herbs. Cook for a further 2-3 minutes and then serve.

Nutritional information is provided per serveEnergy

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