

# Chicken Risotto

**2 Serves**

**Cooking time:  
40-45 mins**



## INGREDIENTS :

1 chicken thigh  
¼ of an onion sliced  
1 clove of garlic diced  
1 tablespoon of olive oil  
1 cup of spinach leaves  
1 teaspoon of Parmesan  
Cheese  
( Grated)  
Salt and Pepper to taste  
½ a cup of cooked Arborio  
Rice

## METHOD :

- 1) Dice the chicken thigh and slice the onion and fine dice the garlic clove
- 2) On medium heat add the oil. Add the diced chicken and cook until just brown. Strain the chicken in a bowl and sieve until all the excess oil etc. has left.
- 3) Clean the frying pan, reheat and add some more oil over medium heat until the oil is hot. Add the onion, cook until clear, add the chicken and the Garlic.  
Do Not Over Cook
- 4) When the ingredients are heated, add the cooked arborio, reduce the flame to low. Add 30 mls of chicken stock, spinach and the parmesan cheese.
- 5) Stir or toss the mixture until the spinach leaves have wilted.