



CHICKEN, SPINACH AND TOMATO RISOTTO

https://www.mainland.co.nz/recipe/Chicken_Spinach_and_Tomato_Risotto.html



Prep Time
10 MINS

COOKING Time
30 MINS

SERVES
2

Up your dinner game with our Chicken, Spinach, and Tomato Risotto. Savour the flavours of spinach, tomatoes, chicken and most importantly - Mainland Tasty cheese.

Ingredients

- 1 tbsp olive oil
- 200 g chicken breasts (boneless, skin off) cut into cubes
- ½ onion diced
- 1 clove of garlic crushed
- ¾ C arborio rice
- ¼ C dry white wine (optional)
- 2 C chicken stock
- 150 g spinach chopped (or use frozen)
- ½ C Mainland grated tasty cheese
- 125 g cherry tomatoes
- ½ handful fresh basil leaves torn

Method

1. Preheat the oven to 200°C.
2. In a large pot, heat a film of olive oil over medium heat. Add the chicken cubes and cook until browned on all sides, stirring occasionally. Remove from the pot and set aside.
3. In the same pot, add the remaining olive oil and the diced onion. Cook until the onion has softened, 6-8 minutes. Add the garlic and cook for an additional 30 seconds.
4. Add the rice to the pot and stir to coat the rice with the onion and garlic mixture. Cook for 1-2 minutes, stirring constantly, until the rice is lightly toasted.
5. Pour in the white wine and stir until the liquid has been absorbed by the rice.
6. Begin adding the chicken stock, one ladleful at a time, stirring constantly and waiting for each addition to be absorbed before adding the next.
7. After about 15 minutes, the rice should be tender and the stock should be mostly absorbed.
8. Add the cooked chicken, chopped spinach, and grated cheese to the pot. Stir until the cheese is melted and the spinach is wilted. Season with salt and pepper to taste.
9. Meanwhile, toss the cherry tomatoes with a drizzle of olive oil and a pinch of salt. Spread them out in a single layer on a baking tray and roast in the oven for 10-15 minutes, or until the tomatoes are tender and slightly caramelised.
10. Test that the rice has cooked by tasting a few grains, they should be firm but not gritty. If crunchy then add a little more stock or water and continue to cook.
11. Serve the risotto hot, topped with the roasted cherry tomatoes and chopped fresh basil leaves.

Chef's tips

Remember to test that the rice has cooked by tasting a few grains, they should be firm but not gritty. If crunchy then add a little more stock or water and continue to cook.