

Lemon risotto with chicken

Ingredients

- 1 chicken breast, cut into strips
- 600 ml Chicken Stock
- Lemon, zested and then juiced
- 60 g unsalted butter
- ¼ onion, finally chopped
- 200 g arborio rice
- 30 g parmesan cheese, grated
- 1 tbsp, finely chopped parsley

Method

1. Juice and zest lemon.
2. In a frypan over low to medium heat, melt 1/3 of the butter.
3. Add ½ of the lemon zest.
4. Add chicken to the pan and cook.
5. Remove chicken from pan.
6. Heat stock in a saucepan.
7. Melt 1/3 of the butter over gentle heat and sauté onion until softened and translucent.
8. Add rice and raise heat to moderate.
9. Stir to ensure rice is evenly coated with butter.
10. Add 1/3 cup of hot stock, stirring constantly. Add 1/3 cup of hot stock at a time as the liquid is absorbed, making sure that the rice is always just covered.
11. After 15-20 min, remove the risotto from heat and taste rice. If not cooked, rice is chewy, return to heat and add more hot stock.
12. When risotto is cooked add cheese, remaining butter, parsley, lemon zest and juice.
13. Serve with cooked chicken.