

RFSS Recipes

Our Healthy Dish Recommendation

Chicken, Broccoli and Spinach Risotto

Ingredients:

- 1 head of broccoli, cut into florets
- 5 tbsp rapeseed oil
- 320g chicken breasts, cut into cubes
- 1 onion, finely diced
- 250g arborio rice
- 750ml hot water
- 200g baby leaf spinach
- Zest of 1 lemon

Method:

- Heat the oven to 180°C/160°C/gas 4. Transfer the broccoli florets to a baking tray and drizzle with 1 tbsp rapeseed oil. Toss to coat then transfer to the oven and roast for 15 mins or until just starting to colour.
- Meanwhile, start to cook the chicken. Heat 2 tbsp oil in a large sauté pan over a medium high heat. Add the chicken and cook for 6-8 minutes or until it's no longer pink in the middle and slightly golden on the outside. Remove from the pan and add the remaining oil along with the onions. Sauté the onions until soft before adding the rice to the pan and toasting for 1 min. Transfer the chicken and broccoli to a plate with a slotted spoon.
- Ladle about 3 scoops of the hot water and stir it in continuously with the rice until it is completely absorbed. Keep repeating this until all the water is used and the rice is tender, which should take about 20 minutes.
- Stir in the spinach then turn off the heat. Stir in the chicken and broccoli and leave to warm through before serving.

