We are Ready......

**Chicken Risotto**

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**Suggested portion**

**Size for recipe**

1–2 years – 145g

3–4 years – 195g

**Ingredients – Serves 5**

**Onion, peeled** 60g (1 small)

**Garlic, peeled** 1 clove

**Fresh red pepper, cored** 100g (1 small pepper)

**Vegetable oil** ½ tablespoon

**Chicken breast, diced** 200g

**White rice** 150g

**Water** 300ml

**Frozen peas** 50g

**Fresh parsley** 3 sprigs

**Method**

1. Chop the onion, garlic and pepper.

2. Heat the oil in a pan, add the onion and garlic and cook until softened.

3. Add the diced chicken and cook for 10 minutes.

4. Add the peppers and rice and fry for a few minutes.

5. Pour over ¾ of the water and cook until almost all the water has been absorbed

by the rice.

6. Add the frozen peas and gradually add the remaining water until the rice is soft

and the risotto is creamy.

7. Chop the parsley and stir into the risotto before serving.

Serve with grated parmesan