

We are ready.....

Chicken Risotto



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	$\frac{1}{2}$ 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 $\frac{3}{4}$ 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