

Restrained Chicken and Leek Risotto

2 Portions, 436 Kcal per portion

Ingredients

Chicken Thigh Meat, no skin, raw, weighed after trimming of fat and sinew	200g
Leeks, raw, thinly sliced	60g
Onion, finely diced	20g
Garlic, finely diced	7g
Oxo Chicken Stock Cube	1/2
Olive Oil	5ml
Butter	8g
Arborio Rice	80g
Parmesan Cheese Grated	50g
Fish Sauce	5ml

Method

Make the stock cube up to 500ml with boiling water.

Cut the chicken into small pieces, just under bite size.

Heat the oil in a suitable pan over a low heat. When warmed add the chicken and stir constantly until the chicken pieces are coloured and cooked through. Don't have the heat so high that the chicken sticks and the residue burns on the bottom of the pan.

When the chicken is cooked take it out of the pan with a slotted spoon and set aside. Put the butter in the pan and when melted put the onion and garlic into the pan. Stir for a couple of minutes. Again, don't have the heat high enough to burn anything, although a small amount of the pan juices may lightly brown.

Put the rice in, turn the heat up a little, and stir the mixture for a couple of minutes. Pour in a little stock and scrape anything on the bottom of the pan into the mixture.

Add about a quarter of the stock and bring to the boil. Stir well for a minute or two and leave on a rolling simmer. Repeat this until the stock is all in the pan or the rice has cooked through (fish out and bit a couple of grains to test). Don't worry if there's excess stock in the pan, leave it to simmer until the rice is just covered by the sauce.

Add the leeks and stir well. The leeks should break down and the slices break into separate rings. If they don't use a spoon to encourage them. After a minute or two add the parmesan and stir well until the parmesan has all melted into the sauce.

Add the fish sauce and stir very well. Add the chicken and keep stirring whilst the chicken heats through.

Serve in heated bowls.

Notes

The myth that you have to stir a risotto constantly is a myth. Whilst the rice is absorbing the stock a stir every few minutes is just fine.

This recipe has the calorie expensive ingredients pared to the bone. You could reduce the parmesan to 45g to save 10 Kcal per portion, but this is a major flavour ingredient. Reducing the butter to 5g won't affect the flavour too much and save 9 Kcal per portion.

The fish sauce enhances the flavour but is optional. Leaving it out saves less than four calories. If you don't want to use it, you could use salt to season or just not bother.

Brands

For the pedantic or interested:

- Perfect Italiano Extra Sharp Parmesan Cheese Grated
- Squid Brand Fish Sauce
- Coles Arborio Rice