



Ingredients

4 cups salt-reduced chicken stock,
2 tablespoons extra light olive oil,
25g butter,
1 brown onion, chopped,
2 cloves garlic, finely chopped,
1½ cups Arborio rice,
1/3 cup dry white wine,
250g artichoke hearts, chopped,
Juice & zest of 1 lemon,
½ cup parmesan cheese, grated,
Salt and cracked pepper, to taste
¼ cup parsley



Method

1. Heat chicken stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat oil and butter in a pan on medium heat; add onion and sauté until soft. Add garlic and sauté until cooked.
3. Add rice and coat well in oil and butter mixture until rice is hot. Add wine and enough chicken stock so the rice is covered in the liquid.
4. Once the mixture reaches boiling point, lower heat and simmer gently. Continue adding stock as needed once absorbed by the rice. Keep stirring not allowing rice to stick to base of the pan.
5. When rice is almost cooked, add artichoke hearts, lemon juice and lemon zest. Add extra stock if necessary. Simmer until rice is cooked.
6. Add parmesan cheese and season with salt and cracked pepper. Stir well.
7. Remove from heat and add parsley.

Serves 4

