

Chicken, Artichoke & Mushroom Risotto



R & J Mazza
GLOBE
ARTICHOKES

Ingredients

4 cups salt-reduced chicken stock,
3 tablespoons extra light olive oil,
1 small onion, chopped,
2 cloves garlic, finely chopped,
1 cup Arborio rice,
1/3 cup dry white wine,
1/2 cup orange juice,
2 chicken breast, skinless and chopped,
250g artichoke hearts, sliced,
200g mushrooms sliced,
1 tablespoon orange zest,
1 teaspoon capers,
1/3 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,
1/4 cup parsley



Method

1. Heat chicken stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat 2 tablespoons oil 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 mixture until rice is hot. Add wine, orange juice 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. Heat 1 tablespoon oil in a small frying pan. Add chopped chicken and brown slightly. Set aside, but keep it warm.
6. When rice is almost cooked, add artichoke hearts, chicken, mushrooms, capers and orange zest. Add extra stock if necessary. Simmer until cooked.
7. Add parmesan cheese and season with salt and cracked pepper. Stir well.
8. Remove from heat and add parsley.

Serves 4

