

Artichoke, Chicken & Spring Vegetable Risotto



R & J Mazza
GLOBE ARTICHOKES

Ingredients

4 cups salt-reduced chicken stock,
30g butter,
1 small onion, chopped,
2 cloves garlic, finely chopped,
1½ cups Arborio rice,
1/3 cup dry white wine,
200g cooked chicken meat, chopped,
400g can of corn kernels,
1 small zucchini, sliced,
250g artichoke hearts, sliced,
120g green string beans, chopped,
2 tablespoons lemon juice,
1/3 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,
¼ cup fresh basil leaves



Method

1. Heat chicken stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat 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 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.
6. When rice is almost cooked, add chicken, zucchini and corn kernels. Add extra stock if necessary. Simmer for a further 2 minutes.
7. Add artichoke hearts and green beans. Cook for a further minute. Add parmesan cheese and mix well. Season with salt and cracked pepper.
8. Remove from heat and add basil leaves.

Serves 6

