

Recipe of the Week 4 Chicken risotto

The chicken risotto is high carbohydrate energy dish ideal for periods of heavy training and competition. Providing 37.4g of protein per session the meal provides a significant amount of protein for muscle recovery and selection of micro-nutrients to preserve health and protect against illness.

Tip: You can replace the chicken with prawns and add whatever vegetables you like to dish (i.e. peppers, peas, spinach...) to increase the vitamin and mineral content.



Ingredients

1 tablespoon olive oil
1 large onion (finely diced)
2 cups Arborio rice
6 cups chicken stock
1 large lean chicken breast
200g button mushrooms
200g semi sun dried tomatoes

Serves: 4

Preparation time: 5-minutes

Cooking time: 20-minutes

Method

Each serving contains

Energy (kcal) – 837

Carbohydrates – 132g

Protein – 37.4g

Fat – 15g (3.3g saturated)

1. Heat large heavy based saucepan over medium - high heat.
2. Add oil and onion and cook for one minute.
3. Add Arborio rice and cook, stirring for one minute.
4. Heat chicken stock in saucepan and simmer. Take off heat and set aside.
5. Add one cup of stock at a time to the rice, adding each cup when the stock had absorbed.
6. Around the ten minute cooking time, add the chicken and stir in with the rice.
7. When all of the water has been absorbed, stir through the mushrooms and the sun dried tomatoes.
8. Serve immediately.

(Adapted from weightloss.com, 2009)

