



Ingredients

4 cups salt-reduced chicken stock,
2 tablespoons extra light olive oil,
1 small onion, chopped,
3 cloves garlic, finely chopped,
2 cups Arborio rice,
1/3 cup dry white wine,
400g peeled & diced tomatoes,
4 lean Italian sausages, (approx 400g)
200g artichoke hearts, sliced,
1/2 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,
1/4 cup basil, torn



Method

1. Heat chicken stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat 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 mixture until rice is hot. Add wine, tomatoes 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. Meanwhile, cut casing on the sausages and remove mince. Roll into mini meatballs; approximately 1 teaspoon of mince. Place oil in frypan and lightly fry meatballs until golden. Remove from heat and keep warm.
6. When rice is almost cooked, add meatballs and artichoke hearts. Add extra stock if necessary. Simmer until rice is cooked but firm.
7. Add parmesan cheese and season with salt and cracked pepper. Stir well.
8. Remove from heat and add basil.

Serves 6

