



Ingredients

4 cups salt-reduced chicken stock,
3 tablespoons extra light olive oil,
1 small onion, chopped,
2 cloves garlic, finely chopped,
1½ cups Arborio rice,
1/3 cup dry white wine,
2 chicken breast, skinless and chopped,
300g artichoke hearts, sliced,
200g mushrooms sliced,
1 small red capsicum, chopped,
1 small yellow capsicum, chopped,
1 cup frozen baby peas,
3 baby carrots, chopped
1/3 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,
2 tablespoons sour cream,
¼ cup parsley



Extra: ¼ cup pine nuts, toasted,

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 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 and vegetables. Add extra stock if necessary. Simmer until vegetables are cooked.
7. Add parmesan cheese and sour cream. Season with salt and cracked pepper. Stir well.
8. Remove from heat and add parsley. Place in bowls and top with pine nuts, if preferred.

Serves 4

