



Chicken, Lemon and Rocket Risotto

A zesty summer favourite

Ingredients

Leftover roast chicken
Lemon – juiced and zest
750ml Chicken stock
1 chopped onion or leek
300g Arborio risotto rice
2 tablespoons Vegetable oil
Pack of rocket leaves
50g Parmesan
Optional – add other green vegetable such as peas, asparagus or pepper

Method

Add the oil to a large pan and heat. Add the chopped onion and garlic and cook gently for 10 minutes until the onion has softened. Add the risotto rice and stir well to coat the rice grains for 2 minutes. Keeping the pan on a low heat add a ladle of hot chicken stock to rice and stir well. As the rice soaks up the stock add more ladles of stock to the pan stirring regularly to make sure it doesn't stick to the bottom of the pan. Add the shredded chicken after a 10 minutes and continue to add stock until the rice begins to soften but still has a little bit to it (approx. 16-18 minutes) Next add the lemon juice and parmesan and stir into rice, cook for a further 2 minutes. Divide the rocket leaves between 4 bowls, top with the chicken and rice and finish with some lemon zest topping and black pepper.