



CHICKEN & LEEK RISOTTO

WITH PUMPKIN, COURGETTE & PARMESAN

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 45 minutes

Creamy, dreamy risotto is such a good winter warmer. This version is pretty easy to make too. Unlike some risotto recipes, you don't have to stir it constantly!



RISOTTO

- ☐ 500g butternut pumpkin (1lb 2oz)
- ☐ 4 tsp olive oil, divided
- ☐ 2 Tbsp pine nuts
- ☐ 400g boneless, skinless chicken thighs (14oz)
- ☐ 1 leek
- ☐ 3 cloves garlic
- ☐ 2 cups arborio rice (400g)
- ☐ 6 cups chicken stock (1.5L)
- ☐ 2 courgettes
- ☐ 1/3 cup sour cream (80ml)
- ☐ 1 cup grated parmesan (80g)

TO SERVE

- ☐ 300g green beans (fresh or frozen) (10.6oz)

1. PREPARE PUMPKIN

Preheat oven to 200°C fan bake and line an oven tray with baking paper.

2. Peel pumpkin and remove the seeds then dice into small 1cm cubes. Place on prepared oven tray and drizzle with one teaspoon olive oil. Season with salt and pepper and toss to combine. Bake for 20 minutes then sprinkle with pine nuts and bake for a further 5 minutes. Remove from oven and set aside.

3. COOK RISOTTO

While pumpkin is cooking, dice chicken. Wash and thinly slice leek. Crush garlic. Heat remaining three teaspoons of olive oil over a medium heat in a large saucepan and cook chicken, stirring, for 5 minutes, until cooked through. Remove to a plate or bowl.

4. Add the leek and garlic to the saucepan. Cook for 3 minutes, or until leek is soft. Add rice and stir for a couple of minutes, until well coated and translucent. Pour in one cup of stock and bring to the boil. Add the stock one cup at a time, stirring occasionally. Wait until each cup is absorbed before adding the next cup.

5. While risotto is cooking, trim the ends off the courgettes and dice into small cubes. Trim the ends off the beans (if using fresh).

6. When you add the last cup of stock to the risotto, add the chicken and courgette. When all of the stock is absorbed (and the rice is cooked), gently stir in the roasted pumpkin, pine nuts, sour cream and grated parmesan. Season with black pepper (and salt, if needed).

7. SERVE

Microwave the beans for 2 minutes, until just tender. Serve risotto in your favourite bowls, with beans!



WINE MATCH: A Chardonnay or Pinot Gris.

CHICKEN & LEEK RISOTTO RECIPE NOTES

GLUTEN-FREE OPTION: Make sure you use gluten-free chicken stock.

VEGETARIAN OPTION: Omit the chicken. Try stirring through some baby spinach.

INGREDIENT SWAP: This meal would also work well with prawns in place of the chicken.

STORING AND REHEATING: Store individual portions in microwave-safe containers and reheat as required.