

Recipe of the Month - January



Chicken and pea risotto

The use of chicken thighs instead of breast makes this risotto recipe not only cheaper, but in our opinion also a bit tastier!

500g frozen chicken thighs, defrosted
2 x chicken stock cubes
1 x onion, chopped
2 x cloves of garlic, chopped
350g Arborio rice
200g frozen peas
Grated parmesan
2 tbsp crème fraiche

Method:

1. Using a heavy-based saucepan add the chicken thighs, cover with boiling water and sprinkle in the two stock cubes, stir until dissolved. Cover with a lid and simmer gently over a medium heat for 15-20 minutes until the chicken is cooked through.
2. Once cooked, remove the chicken and pour the stock liquid into a jug. Cut/pull the chicken thighs into smaller mouth-sized pieces and put to one side.
3. Heat a little oil in the saucepan and add the onion – cook on a medium heat until softened. Add the garlic.
4. Pour in the rice and stir until coated with the oil. Slowly add the stock liquid to the rice a little at a time until the rice is almost cooked.
5. Add the chicken and peas and cook for a further couple of minutes, adding extra stock if needed.
6. Finally, stir in the crème fraiche and parmesan, remove from the heat and leave to sit for 2 minutes with the lid on.
7. Enjoy!