Chicken and Mushroom Risotto

Ingredients

1 chicken breast – finely sliced
1 ½ cups of aborio rice
1 litre of chicken stock
200 grams of mushrooms – sliced
1 onion – finely diced
2 cloves of garlic – finely diced
100mls of white wine
1 carrot – finely diced
3 tablespoons of grated parmesan cheese
2 tablespoons of extra virgin olive oil
40 grams of butter

Method

Heat the chicken stock in a saucepan.
In a separate deep frying pan, sauté the onion, garlic and carrot in the extra virgin olive oil.
Add the butter to the frying pan, followed by the rice – ensure all rice is coated in the butter. Cook on high for 4 minutes.
Add the white wine to the fry pan to deglaze.
Start adding the chicken stock to the frying pan, one ladle at a time so the rice absorbs the stock.
After the third ladle add the mushrooms and chicken. Continue adding the stock one ladle at a time until the rice is al dente (still has some bite). Finish with parmesan cheese, season with salt and pepper and serve.