

Broccoli and Cheese one Pot Risotto

Risotto rice, such as Arborio or Carnaroli, will give the best, creamy texture for this risotto.



2 servings

7 g butter

1 small onion, finely chopped

55 g risotto rice

55 g small broccoli florets

300 ml whole cows milk

300 ml chicken stock (look out for low salt stock)

55 g frozen petit pois

55 g cooked, boneless, skinless chicken breast, finely diced

1. Heat the butter in a pan and cook the onion over a medium heat for 5 minutes until softened.
2. Stir in the rice and broccoli and cook for a further minute.
3. Mix the milk and stock together and add 1/3 to the pan. Simmer rapidly for 5 minutes, stirring occasionally. Add another 1/3 of liquid and cook for a further 5 minutes stirring occasionally. Add the final 1/3 of liquid and cook for 5-7 minutes, stirring occasionally until the rice is soft and tender and the liquid has been absorbed.
4. Stir in the petit pois and chicken and heat through thoroughly.
5. Stir in cheese and serve.

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