



Chicken leek and asparagus risotto

Chicken leek and asparagus risotto

SERVES 4

600g chicken breast, cut into bite-size pieces

2 bunches asparagus spears, tough ends trimmed, cut diagonally into 2cm pieces

1 litre chicken stock

3 tablespoons butter

1-2 tbs olive oil

1 cup thinly sliced leek (white & pale green parts only)

1 cups arborio rice or medium-grain white rice

1 cup dry white wine

120g bacon, very finely chopped

3 tablespoons parmesan cheese, freshly grated

2 tablespoons parsley, freshly chopped

Salt & pepper chicken & cook in a small amount of oil & butter until golden, set aside. Cook asparagus until firm but tender. Place cooked asparagus in a bowl of iced water to set the colour. Bring stock to boil, then turn down to a low simmer.

In a large saucepan, add remaining oil & butter, cook leeks until tender, add rice and continue cooking, stirring for 2 minutes. Add wine and simmer until absorbed. Add 1 cup of hot stock and stir. When stock has reduced, gradually add remaining liquid until rice is tender and most of the liquid has been absorbed. Add drained asparagus and chicken and stir until heated through, about 3 minutes. Remove from heat. Stir in bacon, parmesan and parsley. Season as required.

All recipe ingredients are available at the following Northbridge Plaza retailers:



- Antico's Fruit World
- Aegean Deli Café
- Woolworths Liquor



Recipe and images supplied by Lenard's.