

# Chicken and Sweetcorn Risotto

This savoury rice dish is a popular family dish in Italy, it is cheap and easy to make for lots of people.



Celery, milk and wheat (gluten)\*

Nutritional information per portion (485g):

Energy	Fat	Saturates	Sugars	Salt
1943kJ 459kcal 23%	12g 17%	3.5g 17%	10g 11%	0.82g 14%

of an adult's reference intake.

Typical values per 100g: energy 401kJ/95kcal.

## Equipment

Weighing scales  
Chopping board x 2  
Sharp knife  
Garlic crusher  
Scissors (optional)  
Mixing bowl  
Can opener  
Colander  
Juice squeezer  
Small bowl  
Kettle  
Measuring jug  
Wooden spoon  
Large non-stick saucepan  
Pan stand  
Tasting spoon  
Grater

## Ingredients

### Serves 4

1 medium onion  
2 cloves garlic  
5 sprigs rosemary  
½ roasted chicken OR 2 cooked chicken breasts  
1 x 340g can sweetcorn  
1 lemon  
200g risotto rice (Arborio is easiest to find)  
800ml boiling water  
1 reduced-salt chicken stock cube  
200ml semi-skimmed milk  
1 x 15ml spoon vegetable oil  
1 x 5ml spoon ground black pepper  
25g Parmesan style cheese OR 50g Cheddar cheese (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- For vegetarians, leave out the chicken and swap the chicken stock cube for a vegetable stock cube.
- You need to keep stirring risotto as risotto rice has lots of starch, which is released when it is stirred. It is the starch that makes this dish creamy and soft.
- Stir gently to prevent breaking up the chicken too much.
- It is easier to get the meat off the chicken bones when it is warm (but not too hot!).

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## Method

1. Peel and finely chop the onion.
2. Peel and crush the garlic.
3. Using your fingers, strip all the leaves off the rosemary, then with the knife or a pair of scissors, chop the leaves into fine pieces. Throw away the stalks.
4. On a separate chopping board, pick all the meat off your chicken bones and put the meat in the mixing bowl. Don't forget the lovely juicy bits on the underside. Try not to let any gristle or skin get into the bowl with the meat.
5. Open the can of sweetcorn and drain.
6. Cut the lemon in half and squeeze the juice into a small bowl.
7. Measure 800ml boiling water into the measuring jug. Crumble in the stock cube and stir to dissolve. Add 200ml milk and stir.
8. Heat the vegetable oil in the saucepan and add the onion. Cook on a low heat for 2 minutes.
9. Add the garlic, rosemary and black pepper and cook for a further 2 minutes, stirring occasionally.
10. Pour the rice into the saucepan and stir carefully for 1 more minute.
11. Keeping the hob on a low heat, start adding the stock and milk mixture. Add 100ml at a time and stir until all the liquid has been soaked in before adding the next 100ml.
12. After you have added the first 500ml, add in the chicken and the sweetcorn, then continue to add the rest of the liquid as before.
13. When you have added the last of the stock, add the lemon juice and give it one last stir. This time you don't want all the liquid absorbed as the perfect risotto is a bit runny.
14. Grate the cheese and sprinkle over the risotto (optional).

## Something to try next time

- You could swap the rosemary for thyme or oregano.
- Risotto is an ideal meal to use up leftovers. Finely slice a couple of mushrooms or some courgette and add at step 9. Add some frozen peas or cooked broccoli at step 13. Grill a rasher of bacon and crumble on top of your risotto.
- Chop 300g of mixed vegetables into bite-sized chunks (try courgettes, peppers, parsnips or butternut squash). Mix with 1 x 15ml spoon of olive oil and 1 x 5ml spoon of ground cinnamon and chopped rosemary, thyme or oregano. Roast on a baking tray in an oven preheated to 200°C/180°C fan or gas mark 6 for 20 minutes, until soft and beginning to brown. Add to the rice at step 14.

## Prepare now, eat later

- To save time have the chicken ready to add to the rice.
- To use any leftover rice, cool rice quickly (within 1 hour), refrigerate and use within 24 hours. Reheat until piping hot. Do not reheat rice more than once.

### Skills used include:

Weighing, measuring, peeling, chopping, crushing, grating, squeezing, boiling/simmering and frying.