

Chicken and Cheddar Cheese Risotto

Printer-Friendly Version

Servings: 4

Ingredients:

2 chicken breast, cut into 1 inch (or smaller) pieces

1 Tbsp. olive oil

1 garlic clove, minced

1 Tbsp. butter

1 Tbsp. vegetable oil

2 scallions chopped, plus a little extra for garnish

1 ½ cups Arborio rice

½ cup white wine

½ tsp. Dijon mustard

4 cups hot vegetable stock

1 ¼ cup sharp cheddar cheese, shredded

Directions:

Heat the olive oil in a medium skillet, over medium-low heat. Add in the minced garlic and sauté for about 30 seconds, or until fragrant. Next, add in the chicken pieces and cook until done. Remove the pan from the heat, and cover the chicken to keep warm.

In a deep pan, melt together the butter with the vegetable oil. Place the scallions in the pan and allow to cook, making sure to stir frequently until softened; this will take about 2-3 minutes. Next, add the rice, stir around, and continue to cook for another minute or two. Increase the heat to a medium-high and add in the white wine and mustard. Continue to stir around until the wine is completely absorbed.

While constantly stirring, pour the vegetable stock into the pan, one cup at a time, continuing to add more, only after the previous cup has been completely absorbed by the rice. Cook the rice until it is al dente. (This whole process will take about 20 minutes or so of constant stirring. It's important to be patient and let the stock fully absorb before moving on.) Once ready, add in the cheese and chicken pieces, and stir together until the cheese has completely melted.

Scoop into serving bowls, garnish with a little extra cheese and scallions, and enjoy!