



Eat Seasonably Pea, Chicken & lemon Risotto



Delicious, fresh peas add crunch and colour to this great simple recipe for a smooth and creamy summer risotto.

What you need

Serves 4

- 2 tbsp Olive oil
- 1 onion, diced
- 1 Clove Garlic, crushed
- 2 Sticks Celery, finely diced
- 300g/10oz Arborio Rice
- 1 Glass White
- 150g/5oz Cooked Chicken, left over's from a roast or 2 cooked chicken breasts, cut into chunks
- 1 litre/2 pints Chicken Stock
- 100g/ 4oz Peas, shelled
- 1 Lemon, juice & rind
- Handful parsley, roughly chopped
- 50g/2oz Parmesan Cheese, grated
- Freshly ground Black pepper

Directions

- Heat the oil in a large saucepan; fry the onion, garlic & celery slowly for 10-15 minutes until softened. Stir in the rice & lightly fry for 1 minute
- Add the white wine, chicken & 1 ladle of stock. Turn down the heat to simmer, cooking for 15 minutes until the rice is almost cooked, and adding extra ladles of stock as the liquid is absorbed
- Add the lemon rind, lemon juice & peas & cook for 5 minutes
- Serve with parsley, parmesan & black pepper sprinkled on top



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