

Chicken Risotto Cake



Ballarat Health Services

Ingredients

Olive oil, to grease
1 1/2 tablespoons olive oil
1 single chicken breast fillet
1L (4 cups) Massel chicken style liquid stock (see note)
20g butter
1 brown onion, finely chopped
1 garlic clove, crushed
330g (1 1/2 cups) arborio rice
125ml (1/2 cup) white wine
230g (1 1/2 cups) frozen peas
80ml (1/3 cup) pouring cream
40g (1/2 cup) finely grated parmesan
3 eggs, lightly whisked



Method

Step 1 Preheat oven to 160°C. Brush a 24cm (base measurement) spring-form pan with oil. Line the base with non-stick baking paper.

Step 2 Heat 2 teaspoons of oil in a non-stick frying pan over medium-high heat. Cook the chicken for 4 minutes each side or until cooked through. Set aside to cool slightly. Shred.

Step 3 Bring the stock just to the boil in a saucepan. Reduce heat and hold at a gentle simmer. Heat remaining oil and butter in a saucepan over medium heat. Add the onion and garlic. Cook, stirring often, for 3 minutes or until soft. Add the rice. Cook, stirring, for 1 minute or until the grains appear slightly glassy. Add wine and cook for 2 minutes or until almost evaporated. Add a ladleful (about 125ml/1/2 cup) of the simmering stock to the rice mixture and stir constantly with a wooden spoon over medium heat until the liquid is completely absorbed. Add stock mixture a ladleful at a time, stirring until the liquid is absorbed before adding the next ladleful. Continue for 15 minutes or until the rice is tender yet firm to the bite and the risotto is creamy. Remove from heat. Stir in the chicken, peas, cream and half the parmesan. Set aside for 10 minutes to cool.

Step 4 Stir the egg into the risotto mixture. Spoon into the prepared pan. Sprinkle with the remaining parmesan. Bake for 35-40 minutes or until firm.

Great dinner
or lunch box
meal

Source: www.taste.com.au