

Chicken Risotto

Serves 1

508 Cals

8g Fat

Ingredients :

130g chicken breast

50g sweetcorn

30g peas

small onion

1/2 red pepper, 80g

1/2 green pepper, 80g

6 big firm white mushrooms

1 heaped tsp chicken bovril

150/170ml boiling water

cracked black pepper

fry light

50g Risotto Rice

Cooking instructions :

1. Slice chicken and fry in the fry light.
2. Add the rice, diced onion and peppers and stir.
3. Add mushrooms, keep stirring.
4. Add chicken stock a little at a time and keep stirring. Add in peas and sweetcorn.
5. Stir until rice has absorbed the stock (you may not need to use it all) and is the right consistency.