



CHICKEN AND MIXED PEPPER RISOTTO

Peppers are bursting with vitamin C and other antioxidants. This recipe is a great way of introducing them to children.

Makes 4 servings

1 tbsp (15 ml) olive oil

1 onion, chopped

1 red pepper, cut into thin strips

1 yellow pepper, cut into thin strips

175 g (6 oz) long-grain or Arborio rice

1l (1.6 pints) chicken or vegetable stock

125 g (4 oz) cooked chicken, chopped

25 g (1 oz) Parmesan cheese, grated Handful of fresh chives or parsley, if available

- 1 Heat the olive oil in a large saucepan.
- 2 Saute the onion and peppers over a moderate heat for about 7 minutes.
- 3 Add the rice and cook for 2-3 mins until the rice is translucent. Add the stock and bring to the boil. Partially cover with a lid, and simmer for 12-15 minutes until the rice is tender and the liquid has been absorbed. Add a little more stock if the risotto becomes dry.
- 4 Add the chicken and half the Parmesan. Heat through for a few minutes.
- 5 Serve topped with the remaining Parmesan and herbs.