

**Recipe of the Week 40****Easy Chicken Risotto**

This recipe is a great recovery meal. Packed with protein to repair muscle damage, the high carbohydrate content also assists refuelling glycogen stores.

Recovery plays an essential part in immunity. With the autumn chill approaching, the high protein content of this meal helps to boost the immune system. The chicken provides essential minerals iron and zinc which play vital roles in immunity. The vitamin C from tomatoes and spinach increase the amount of iron you absorb from the meal. Vitamin C may also reduce the intensity and duration of the common cold. Apart from all that, it tastes delicious and is quick to make in comparison to other risottos.

**Ingredients**

800g butternut squash  
2 Tsp olive oil  
1 leek  
2 cloves garlic  
500g chopped chicken breast (~3 breasts)  
330g / 1½c Arborio rice  
1L / 4cups chicken stock  
1 bunch asparagus  
½ c basil or parsley  
1 punnet baby tomatoes  
3c English spinach or rocket  
1 Tbsp lemon rind  
30 g parmesan cheese

**Serves: 4 - 6**

**Preparation time: 20 minutes**

**Cooking time: 40 minutes**

**Each serving contains**

Energy (kcal) – 604kcal

Carbohydrates – 79g

Protein – 47.8g

Fat – 12.9 g (4.4g saturated)

(Based on four serves)

**Method**

1. Preheat oven to 200°C. Chop pumpkin into 2cm pieces, mix with 1 Tbs of oil and bake approximately 10 minutes until tender.
2. Thinly slice leek, using white part only and crush garlic. Heat in an ovenproof, flameproof dish on medium heat with 1 Tbs of oil and cook until soft. Add chicken and cook ~5 minutes until slightly brown. Stir in rice.
3. Add stock and bring to the boil. Chop asparagus into 2cm pieces and add to mixture. Cover and bake for 30 minutes or until rice is tender. Keep the squash cooking for the 30 minutes and then add the rice mixture. Add quartered tomatoes and spinach and stir so spinach wilts; add lemon and basil.
4. Season with cracked pepper and parmesan. Bon Appetite!