

# Chicken & Corn Risotto



From Burke et al. *Survival for the Fittest*: the first cookbook in the popular Survival series from the Australian Institute of Sport, Department of Sports Nutrition. Copyright of the Australian Sports Commission with all material reproduced with permission.

## INGREDIENTS:

*Spray of canola or olive oil*

*1 onion, finely chopped*

*1½ cups arborio rice*

*400g chicken breast fillet,  
cut into strips*

*425g can baby corn cuts, drained*

*1 small red capsicum, chopped*

*1 cup frozen peas*

*750mL (3 cups) MAGGI*

*Chicken Stock*

*½ cup tomato-based pasta sauce*

*2 tablespoons chopped fresh basil*

*2 tablespoons chopped fresh parsley*

*Freshly ground black pepper, to taste*

## METHOD:

Spray a large pan with oil, then heat. Add the onion, rice, chicken, corn, capsicum and peas. Cook over medium heat for 2 minutes while stirring. Add the stock and pasta sauce and stir until well combined. When it reaches boiling, reduce the heat to low and simmer, covered and stirring frequently, for 20-25 minutes until the rice is tender and the liquid is almost all absorbed. Remove from heat and let stand, covered, for 5 minutes. Stir in herbs and season to taste before serving.

**HINT:** Always measure liquid accurately using proper measuring cups (available at supermarkets), not tea or coffee cups, so the rice cooks correctly. You can also replace the frozen peas with broccoli.

**Preparation Time:** 15 minutes

**Cooking time:** 30 minutes

**Serves:** 3-4

## Analysis per serve:

	3 Serves	4 Serves
Energy kJ (Cal)	2615 (625)	1960 (468)
Carbohydrate (g)	96	72
Protein (g)	44	33
Fat (g)	7	5