People with Down Syndrome

Ingredients

- 2.5L (10 cups) Massel chicken style liquid stock
- 40g Coles Australian Salted
 Butter
- 125ml (1/2 cup) olive oil
- 2 brown onions, finely chopped
- 880g (4 cups) Coles Arborio
 Rice
- 11/2 tbsp fresh thyme leaves
- 125ml (1/2 cup) dry white wine
- 6 (about 500g) Coles RSPCA
 Approved <u>Chicken Thigh</u>
 Fillets, cut into 1cm pieces
- 200g button mushrooms, cut into 1cm pieces
- 4 garlic cloves, crushed
- 120g (11/2 cups) finely grated

parmesan

Salt flakes, to season



Directions

Step 1

- Bring the stock just to the boil in a large saucepan.
- Reduce heat and hold at a gentle simmer.

Step 2

- Heat butter and 2 tablespoons of oil in a heavy-based stockpot or large flameproof casserole dish over medium heat.
- Add the onion.
- Cook, stirring, for 5 minutes or until soft and translucent but not coloured.
- Add the rice and 1 tablespoon of thyme.
- Cook, stirring, for 1 minute or until the grains appear slightly glassy.



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Recipe Card

Step 3

- Add the wine to the rice mixture and cook, stirring, until the liquid is absorbed.
- Add a ladleful (about 125ml/1/2 cup) of the simmering stock to the rice and stir constantly with a wooden spoon until the liquid is absorbed.
- Continue adding the stock mixture, a ladleful at a time, stirring constantly and allowing the liquid to be absorbed before adding the next ladleful, for 20-30 minutes or until the rice is tender yet firm to the bite and the risotto is creamy.

Step 4

- Heat remaining oil in a large frying pan over high heat.
- Add the chicken and stir-fry for 5 minutes or until chicken just starts to brown. Add the mushroom and garlic.
- Cook for 2 minutes.

Step 5

- Add the chicken mixture, parmesan and remaining thyme to the risotto and combine.
- Season with salt and pepper to serve.



