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Carotino Recipes

Quick and Easy Risotto

Ingredients:

110g (4 oz) chicken, turkey or pork
3 tablespoons Carotino oil
A few shallots or spring onions
A few sliced mixed mushrooms
50 g (2oz) Arborio or Pilau rice
150 ml (¼ pint) stock (fresh, or made with a stock cube)
2 tablespoons white wine
Parmesan cheese and a few shredded Basil leaves
Pinch of salt and black pepper

Method:

Cut chicken breasts into small bite size pieces and brown with the shallots in a wok or frying pan, together with 3 tablespoons of Carotino Oil. Add the mushrooms and rice and blend with the chicken and shallot mixture. Gently stir in the stock and wine. Allow to simmer for 20 minutes until the mixture becomes creamy. Stir in freshly grated Parmesan cheese and the shredded Basil leaves, according to taste. Season with a little salt and pepper.

Serves 6