



Risotto with Chicken and Asparagus

Savannah · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

2

Description

A delicious authentic tasting Italian risotto with chicken and asparagus. Perfect with a glass of Italian wine.

Ingredients

- - 2 cups chicken stock - 1 tablespoon olive oil or butter - 1 tablespoon minced garlic - 2 (5 ounce) skinless
- boneless chicken breast halves - cubed - 2 teaspoons olive oil or butter - ½ large onion
- minced - 1 cup Carnaroli or Arborio rice - ½ cup white wine - 8 ounces asparagus
- finely chopped - ½ teaspoon dried oregano - ½ teaspoon dried basil - salt and freshly ground black pepper to taste - ½ cup freshly grated Parmesan cheese

Instructions

1. Bring chicken stock to a boil in a small saucepan
2. then keep warm over low heat. Heat 1 teaspoon olive oil in a large saucepan over medium-high heat. Stir in the garlic and cook 30 seconds until fragrant. Add the cubed chicken
3. and continue cooking until firm and lightly browned; set aside. Heat remaining 2 teaspoons olive oil in the saucepan and cook onions until they soften and turn translucent
4. about 1 minute. Stir in the rice
5. and continue cooking until the rice turns opaque
6. and the onion begins to brown. Stir in the wine and asparagus; cook
7. stirring constantly
8. until the wine evaporates. Reduce heat to medium
9. and stir in 1/3 of the hot chicken stock. Cook
10. stirring constantly
11. until all of the liquid has been absorbed
12. 8 to 10 minutes. Stir in another 1/3 of the chicken stock and continue cooking and stirring until absorbed
13. 8 to 10 minutes. Season the risotto with oregano and basil. Pour in the remaining stock
14. and stir until absorbed again
15. 8 to 10 minutes. Season to taste with salt and pepper
16. then stir in the Parmesan cheese and chicken cubes. Note Making a perfect risotto will take some time and should not be rushed. The hot stock must be added in three batches
17. with the risotto being stirred constantly as it gently simmers. The constant stirring not only keeps the rice from burning into the pan
18. it also lends the dish a creamy texture.