

CHICKEN *Risotto*

4 servings

1½ tbsp	PASTENE Extra Virgin Olive Oil	23 mL
4	skinless, boneless chicken breast halves, sliced	4
2	red onions, chopped	2
1	dry shallot, finely chopped	1
2	garlic cloves, minced	2
1 tsp	chopped fresh thyme	5 mL
1½ cups	PASTENE Italian Arborio Rice	375 mL
4 cups	chicken stock, heated	1 liter
1 tbsp	PASTENE Balsamic Vinegar	15 mL
⅓ cup	PASTENE Grated Parmesan Cheese	75 mL
2	eggs, beaten	2
8	PASTENE Italian Peeled Tomatoes, drained and finely chopped	8

- Preheat oven to 350°F (180°C).
- In a saucepan, heat 1 tbsp (15 mL) oil over medium-high heat. Add chicken and cook 5-8 minutes. Remove chicken from saucepan and reserve.
- Heat remaining oil in the same saucepan. Add onions, shallot, garlic, and thyme and cook over medium heat, stirring constantly, for 4 minutes. Add rice and mix well.
- Add chicken stock 1 cup (250 mL) at a time, stirring and cooking until all liquid is absorbed before adding more. Add vinegar. Once all liquid is absorbed, continue cooking over low heat until rice is barely tender.
- Stir in reserved cooked chicken, Parmesan, eggs, and tomatoes. Mix well and cook until heated through. Serve immediately.



In a saucepan, heat 1 tbsp (15 mL) oil over medium-high heat. Add chicken and cook 5-8 minutes. Remove chicken from saucepan and reserve.



Heat remaining oil in the same saucepan. Add onions, shallot, garlic, and thyme and cook over medium heat, stirring constantly, for 4 minutes.

PASTA
AND RISOTTO



3
Add rice and mix well.



4
Add chicken stock 1 cup (250 mL) at a time, stirring and cooking until all liquid is absorbed before adding more. Add vinegar.



5
Stir in reserved cooked chicken, Parmesan, eggs, and tomatoes. Mix well and cook until heated through.