

# *Chicken corn and spinach brown rice risotto*



Serves 4 large (330 cal) or 6 small ( 220 cal)

- 1 cup of raw brown rice
- 6 cups of water
- 2 continental chicken stocks pot or 2 chicken stock cubes or 1 litre of chicken stock.
- 1 small (125g) can of creamed corn
- ½ cup of corn kernels or 1 small (125g) can of corn kernels, rinsed.
- 250 gm of cooked chicken, (skin off), shredded.
- 1 large white onion, finely diced
- 1 teaspoon of extra virgin olive oil
- 10gm butter
- 50gm baby spinach leaves

Place rice (do not rinse) in saucepan with 2 cups of water and bring to boil, turn to simmer and cook until water is all absorbed, put aside to cool.

In a sauce pan, add the stock and water and bring to the boil, once boiling bring down to simmer and keep hot at all times.

Add the onion, butter and oil to a thick based saucepan. Saute the onion until see through and soft. Separate the rice grains with a fork and add to the onions, stirring so that the butter and oil coat the rice grains.

Add the hot stock 1 ladle at a time. Stir and once the water is absorbed (you can see the bottom of the pan when stirring), add another ladle of stock. Continue until the rice is soft and just “chewy”. Add the can of creamed corn and cook until bubbling again, then add another ladle of stock. Stir and cook until a creamy consistency is achieved.

Add the chicken and corn kernels and cook until heated through.

Remove from heat and add the spinach. Stir through.

Serve with steamed vegies (e.g. baby carrot, beans, brocollini).