Roast Chicken and Vegetable Risotto



Serves	6
Prep time	20 minutes
Cook time	40 minutes
Total time	1 hour
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe, RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Lunch, Main Dish
Misc	Child Friendly, Freezable, Pre-preparable, Serve Hot

Ingredients

- 1 Small leek (finely chopped)
- 2-3 spring onions (finely chopped)
- 2 sticks celery (finely chopped)
- 1 tablespoon sunflower oil
- 2 teaspoons minced garlic
- 2 cups Aborio rice
- 4 cups hot chicken stock (Refer to Basics Page)
- 1/4 cup vodka or water
- 2-3 cups leftover roast chicken and vegetables (diced)

Directions

1. Heat the oil in a large pan and add the garlic, leek, spring onions and celery. Cook for 2 to 3 minutes until tender.
2. Add the rice and cook, stirring frequently, for 5 minutes over medium heat. Add the vodka or water and keep stirring until the liquid is absorbed.
3. Add the stock a 1/2 cup at a time, letting the liquid absorb completely before adding more. Stir occasionally.
4. Add the chicken and vegetables after the first cup of stock has been absorbed.
5. When all the stock has been absorbed, remove from the heat and serve.



Note

Low Chemical / Failsafe, Moderate Salicylates, Moderate Glutamates

For a low chemical version use roast potato, swede and choko plus green beans. If moderate salicylates are tolerated include roasted carrots, butter nut pumpkin, parsnip or sweet potato. If moderate glutamates are tolerated include green peas.

Refer to the Basics page for home made chicken stock.