

1 hour

Serves 3-4

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients

- 2 Tbsp (30ml) olive oil
- 1 onion, chopped
- 2 leeks, washed and sliced (optional)
- 3 cloves garlic, chopped
- 2 bay leaves
- Handful fresh thyme
- 1 cup (250ml) arborio rice
- ⅓ cup (80ml) white wine
- 3 cups (750ml) warm chicken or vegetable stock
- Salt and milled pepper
- ½ cup (125ml) cream
- ⅓ cup (80ml) grated parmesan
- 1 sachet (125g) red pepper pesto
- 4 chicken breasts, seared and sliced
- Handful fresh basil leaves

Method

1. Heat oil in a large pan or pot and fry onion, leeks (if using) and garlic for 3-5 minutes.
2. Add bay leaves, thyme, rice and cook for about 2-3 minutes, or until fragrant and rice has a nutty aroma.
3. Add wine (if using) and cook, while stirring, for 3-4 minutes, or until liquid is almost evaporated. (This is called deglazing and loosens the flavourful bits stuck to the bottom of the pot.)
4. Reduce heat for low and slow cooking.
5. Add about ⅓ cup (80ml) stock at a time, allowing it to fully absorb before pouring in the

next addition.

6. Stir continuously for 15–20 minutes to ensure the rice releases starch as it cooks. That'll give you the deliciously creamy texture.
7. Once all the stock is added, there should be a thick, creamy sauce covering all the rice. The rice should be cooked through and plump, but still have a little bite.
8. Remove and discard bay leaves and thyme.
9. Season and stir through cream and parmesan.
10. Stir pesto through basic risotto and top with seared and sliced chicken breasts and fresh basil leaves.
11. Serve immediately.

COOK'S NOTE

If making an alcohol-free version of risotto, simply replace the wine with juice (60ml) of 1 lemon or a splash of white balsamic vinegar stirred through at the end.

[Browse more comfort food recipes here.](#)