

Leek, Lemon and Chicken Risotto

<p>Equipment:</p> <p>Chopping boards and knives Measuring cups and spoons Large frypan Wooden spoon Grater Lemon squeezer zester</p>	<p>Ingredients:</p> <p>1 1/2 litres (6 cups) chicken stock, approximately 60 ml (¼ cup) extra virgin olive oil 2 large leeks, trimmed, washed and cut into 1.5 cm slices 300 g (1½ cups) risotto rice 60 ml (¼ cup) lemon juice 600 g chicken thigh fillet, trimmed and cut into 1 cm thick slices 3 tsp finely grated lemon rind, or to taste 75 g (¾ cup) parmesan, plus extra, to serve Lemon wedges, to serve</p>
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What to do:

1. Place the stock in a large saucepan and bring to a simmer. Cover the pan with a lid, reduce the heat to low and keep the stock hot.
2. Heat the oil in a large saucepan over medium heat.
3. Add the leek and cook, stirring occasionally, for 5 minutes or until softened.
4. Add the rice and stir for 2 minutes or until the rice is hot.
5. Add the lemon juice and 2 cups of the hot stock and cook, stirring constantly, for about 5 minutes or until the liquid is absorbed.
6. Add the chicken and another cup of stock and cook, stirring, for another 5 minutes or until the liquid is absorbed. Continue adding stock, a cupful at a time stirring until it is absorbed and all the stock is used, the rice is al dente and the chicken is cooked through.
7. Add a little more stock, or water, if necessary - the mixture should be thick and creamy.
8. Stir in the lemon rind and parmesan and season to taste with sea salt and freshly ground black pepper.
9. Divide among bowls and serve with extra parmesan and the lemon wedges on the side.