

# Italian Chicken & Tomato Risotto

**Dietary:** GF, EF, NF

**Allergens:** Dairy

**Age group:** 8 months+

**Mealtime:** Lunch

**Difficulty level:** Medium

Rating ★★★★★



**Serves:** 8  
**Prep:** 15 mins  
**Cook:** 35 - 40 mins



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# Italian Chicken & Tomato Risotto



Egg Free



Nut Free



Gluten Free

## Equipment

Skillet. If you don't have a skillet with a lid, simply cook in a pan, then transfer ingredients to a large deep roasting dish, cover with foil.

## Ingredients

- 1 tbsp (20ml) extra virgin olive oil
- 1 brown onion (110g), peeled and finely chopped
- 2 garlic cloves (20g), crushed
- 1 carrot (120g), peeled and grated
- 1 cup (140g) pumpkin, peeled, seeds removed and grated
- 5-6 skinless (600g) chicken thighs, trimmed, cut into 2cm pieces
- 1 ½ cups (315g) brown rice
- 400g diced tomatoes, canned
- 3 cups (750ml) vegetable stock, low sodium
- 75g grated cheese
- 2 tbsp (10g) fresh basil, rinsed and finely chopped
- Salt and pepper, to taste

## Method

1. Preheat oven to 180°C (fan-forced).
2. Heat oil in a large oven-proved skillet with a lid over medium heat.
3. Add onions, garlic, carrot and pumpkin and sauté for 3 mins or until softened.
4. Add chicken and cook for another 3-4 mins until browned.
5. Add brown rice and cook stirring for another 2 mins.
6. Pour in tomatoes and stock, stir until well combined. Bring to a simmer, cover and place in oven, cook for 35-40 mins, or until most of the stock is absorbed. Stir rice halfway during cooking, add extra stock, if needed.
7. Allow rice to sit for 10 mins, fold through cheese and fresh basil.

**Mandy's serving suggestion:** Serve with steamed or roasted vegetables on the side.

**Storing leftovers:** Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

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## Tips

- ✓ **For a dairy-free version:** Omit the cheese and add nutritional yeast, coconut milk or dairy free cream at the end.
- ✓ **For a vegetarian version:** Swap the chicken for tofu cubes.
- ✓ **Easy ingredient swaps:** Swap carrots and pumpkin for vegetables of choice.
- ✓ **Additional boosters:** Add additional grated vegetables of choice to the risotto. Stir through some baby spinach at the end.
- ✓ **For Fussy Eaters:** Mash the vegetables, so they are undetectable. Deconstruct this meal by serving chicken, brown rice, vegetables, and cheese separately.
- ✓ **For a baby friendly version:** Serve mashed or pureed.