



## **RISOTTO AL AVGOLEMONO**

### **INGREDIENTS:**

1 cup Arborio Rice  
2 cups Chicken Stock  
1/4 cup diced onion  
2 - 3 Tablespoons Olive Oil  
Splash of white wine  
1 Organic Boneless Skinless Chicken Breast  
2 heads of Broccoli, organic, cut into small florets  
16 - 20 grape tomatoes, quartered if large, halved if small  
1/4 cup Parmesan  
1/4 cup Almond Milk  
1 - 2 Tablespoons Lemon Juice  
1/2 Tablespoon Thyme  
Salt and White Pepper

### **DIRECTIONS:**

Heat Stock

In a medium sized heavy bottom pot, saute your onions until translucent.

Add in your Risotto and stir to coat.

Deglaze with your wine - allowing it to cook for about 2 minutes.

Add in about 1 teaspoon sea salt.

Begin adding in your hot stock. I add half in to start, and then continually add in more as it is absorbed into the rice. Continue cooking in this manner until most of the stock is incorporated and absorbed and rice is tender BUT NOT MUSHY. It should still have the slightest BITE to it.

In the interim, I steamed my chicken breast and broccoli in a bamboo steamer. I sliced the chicken breast in half to speed cooking time. I steamed it alone until it was almost completely cooked, then added in the broccoli and cooked it for about 3 - 4 minutes.

Remove the chicken breast and cut into medium diced cubes.

Season your risotto with the Thyme and White Pepper.

Add in the chicken, broccoli, and tomatoes.

Adjust thickness with almond milk.

Add in the parmesan cheese.

Add in the lemon juice.

Serve. Great with a garden salad.