

Easy No-Stir Risotto

Serves 6



- 2 tbsp (30 mL) butter, divided
- 1 medium onion
- 3 garlic cloves
- 1 cup (250 mL) uncooked Arborio rice (see **cook's tip**)
- 2 oz (60 g) fresh Parmesan cheese (½ cup/125 mL grated)
- 3½ cups (875 mL) chicken stock
- ½ tsp (2 mL) black pepper
- ½ jar (3½ oz/99 g) sun-dried tomatoes in oil (about 20 tomato halves), drained, patted dry
- 2 cups (500 mL) diced cooked chicken
- 2 cups (500 mL) fresh baby spinach leaves

1. Place 1 tbsp (15 mL) of the butter in **Rockcrok® (2.5-qt./2.35-L) Everyday Pan**. Heat over medium heat 3–5 minutes or until melted, stirring to cover surface of Pan. Cut onion into chunks. Using **Food Chopper**, finely chop onion. Add onion, garlic pressed with **Garlic Press**, and rice to Pan.
2. Cook, uncovered, 3–4 minutes or until rice is lightly toasted, stirring frequently with **Small Mix 'N Scraper®**.
3. Using **Microplane® Adjustable Fine Grater**, grate Parmesan; set aside.
4. Remove Pan from heat. Stir stock and pepper into rice. Microwave, covered, on HIGH 15–17 minutes or until most of the liquid is absorbed and rice is tender.
5. Meanwhile, snip sun-dried tomatoes with **Professional Shears**.
6. Remove Pan from microwave; stir in Parmesan, remaining 1 tbsp (15 mL) butter, sun-dried tomatoes, chicken and spinach. Cover; let stand 5 minutes.

cook's tips

Arborio rice is Italian short-grain rice that can be found in the rice or ethnic section of most grocery stores. Arborio rice works best in this recipe, but if it's not available, you can substitute with long-grain white rice.

Vegetable broth can be substituted for the chicken broth.

Easy No-Stir Risotto



Host Shopping List *

- | | |
|---|--|
| 1 medium onion | 1-1 1/2 lbs (450-675 g) boneless, skinless chicken breasts |
| 3 garlic cloves | 32 oz (907 g) chicken stock |
| 2 cups (500 mL) fresh baby spinach leaves | 1 cup (250 mL) Arborio rice |
| 2 oz (60 g) fresh Parmesan cheese | 3.5 oz (99 g) jar sun-dried tomatoes in oil |
| 2 tbsp (30 mL) butter | black pepper |
| vegetable oil | salt |

* Also available on Consultant's Corner under Products and Recipes > Cooking Shows

Ingredient List

1 medium onion	1-1 1/2 lbs (450-675 g) boneless, skinless chicken breasts
3 garlic cloves	32 oz (907 g) chicken stock
2 cups (500 mL) fresh baby spinach leaves	1 cup (250 mL) Arborio rice
2 oz (60 g) fresh Parmesan cheese	3.5 oz (99 g) jar sun-dried tomatoes in oil
2 tbsp (30 mL) butter	black pepper
vegetable oil	salt

Tool List

- | | | |
|--|--|--|
| <input type="checkbox"/> Professional Shears | <input type="checkbox"/> Utility Knife* | <input type="checkbox"/> Flexible Cutting Mats |
| <input type="checkbox"/> 1-cup Prep Bowl | <input type="checkbox"/> Santoku Knife* | <input type="checkbox"/> Pocket Thermometer |
| <input type="checkbox"/> Microwave Grips | <input type="checkbox"/> Executive Cookware 11" Square Grill Pan | <input type="checkbox"/> Food Chopper |
| <input type="checkbox"/> Chef's Tongs | <input type="checkbox"/> Rockcrok® (2.5-qt./2.35-L) Everyday Pan | <input type="checkbox"/> Garlic Press |
| <input type="checkbox"/> Grill Press | <input type="checkbox"/> Medium Cutting Board with Juice Wells | <input type="checkbox"/> Small Mix 'N Scraper® |
| <input type="checkbox"/> Cutting Board | <input type="checkbox"/> Microplane® Adjustable Fine Grater | <input type="checkbox"/> Chef's Silicone Basting Brush |

* Or a comparable piece of Pampered Chef Cutlery.

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Station # 1: Prepare the Risotto



1. Place 1 tbsp (15 mL) butter in **Rockcrok® (2.5-qt./2.35-L) Everyday Pan**. Heat over medium heat 3–5 minutes or until melted, stirring to cover surface of Pan.
2. Cut 1 onion into chunks with **Utility Knife**. Using **Food Chopper**, finely chop onion. Press 3 garlic cloves with **Garlic Press**. Add to Pan along with onion and 1 cup (250 mL) rice. Cook, uncovered, 3–4 minutes or until rice is lightly toasted, stirring frequently with **Small Mix 'N Scraper®**.
3. Remove Pan from heat. Stir in 3½ cups (875 mL) chicken stock and pepper rice to taste. Microwave, covered, on HIGH 15–17 minutes or until most of the liquid is absorbed and rice is tender.

The Products!

Rockcrok® (2.5-qt./2.35-L) Everyday Pan (3139)
Cutting Board (1012)
Garlic Press (2576)
Forged Cutlery 5" Utility Knife (1052)
Food Chopper (2585)
Small Mix 'N Scraper® (1659)

Food for Thought

When shopping for garlic, pick a bulb that feels heavy and dense for its size.

Garlic should be nice and firm — soft and spongy is a no-no. Look for the papery cover to be relatively intact and whitish, not shriveled.

Garlic needs to be stored in a cool place away from direct sunlight - never in the fridge!

Station # 2: Grill and Dice Chicken



1. Heat **Grill Pan and Grill Press** over medium heat, about 5 minutes.
2. Place raw chicken breasts on a **Flexible Cutting Mat**. Brush both sides of chicken with oil using **Chef's Silicone Basting Brush** and sprinkle with salt and pepper.
3. Grill, using Grill Press, about 5 minutes per side or until internal temperature is 160°F.
4. Remove chicken from grill pan to the **Medium Cutting Board with Juice Wells**. Dice chicken using **Santoku Knife**.

The Products!

Grill Press (2875) Chef's Tongs (2955)
Flexible Cutting Mats (1013) Pocket Thermometer (2248)
Chef's Silicone Basting Brush (1755)
Forged Cutlery 7" Santoku Knife (1053)
Medium Cutting Board with Juice Wells (1016)
Executive Cookware 11" Square Grill Pan (2868)

Food for Thought

Basic grilled chicken can take on many different flavors. Just sprinkle with any Pampered Pantry rub before grilling.

Better yet, keep a variety of rubs on hand and let each family member choose their own favorite for dinner!

Station # 3: Prepare Risotto Add-ins



1. Using **Microplane® Adjustable Fine Grater**, grate 2 oz (60 g) fresh Parmesan cheese; set aside.
2. Use the **Professional Shears** to snip sun-dried tomatoes into a **1-cup Prep Bowl**.
3. When rice is tender (from Station 1), remove Pan from microwave. Stir in grated Parmesan, remaining 1 tbsp (15 mL) butter, sun-dried tomatoes, chicken and 2 cups baby spinach leaves. Cover; let stand 5 minutes.

The Products!

Microplane® Adjustable Fine Grater (1105)
1-cup Prep Bowl Set (1825)
Professional Shears (1088)
Microwave Grips (1368)

Food for Thought

cook's tip

Check out more variations on this recipe. It's easy to make it a different meal!

Add *The Pampered Chef® Season's Best® Fall/Winter 2014* (1978) to your order.