

COMPLETE MEAL

Cold Chicken and Pepper Risotto

A lemon flavoured risotto with strips of chicken breast and roast mixed peppers, presented on a bed of fresh lettuce leaves.

Makes 10 portions (212g/portion)

Ingredients

400g		Green Gourmet Butcher's Style Chicken Roast (GG Code 7210)
350g		easy cook long grain rice
320g	(2 medium)	yellow peppers
160g	(1 medium)	red pepper
40ml	(2 medium)	lemons, juiced
11g	(1 tbsp)	olive oil
400g		lettuce leaves
6g	(2 tblsp)	parsley, chopped

Method

1. Boil the rice, drain and run under cold water until cold. Refrigerate until required.
2. Cook the whole Green Gourmet Butcher's Style Chicken Roast and allow to cool.
3. Cut off 10 slices and then cut into strips.
4. Mix the sliced peppers with olive oil, place on a baking tray and bake in a moderate oven until soft. Once cooled, slice into strips.
5. Mix the chicken and peppers together.
6. Add the juice of the lemons and the oil and stir well. Lastly add the rice.
7. Arrange the lettuce leaves on a plate, add the risotto mixture in the middle and decorate with some parsley.

Serving Suggestions

Extra vegetables can be added. A variety of pulses could also be added to increase the iron content of the meal.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
94.3	1.4	0.3	15.9	0.3	0.5
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.3	0.4	0.5	16.2	69.3	27.1
Folate (µg)	Sodium (mg)				
15.6	60.1				

For up to the minute information on our ever growing range of healthy, tasty products contact Green Gourmet Ltd

Fromehall Mill, Lodgemore Lane, Stroud, Gloucestershire, GL5 3EH

t: 01453 766677 f: 01453 758405 e: info@greengourmet.co.uk