

Cold chicken and pepper Risotto

How many it serves: 2

Preparation time: 20

Ingredients

350g/12oz Italian easy cook long grain rice
2 medium breasts of chicken
2 whole yellow peppers
1 whole red pepper
2 lemons
8 tbsp Italian extra virgin olive oil
Flatleaf parsley, chopped
Lettuce leaf
Handful walnuts
Salt and freshly ground pepper to taste

Method

Boil the rice and allow to cool

Grill the chicken on each side until cooked and allow to cool.

Slice into ½cm/¼in strips.

Roast the peppers in the oven for approximately 20 minutes. Once cooled, peel the skin, take out the seeds and slice them into strips of approximately ½cm/¼in each.

In a large bowl mix the chicken and peppers together. Add the walnuts and salt and pepper to taste. Squeeze the two whole lemons and extra virgin and stir well.

Lastly add the rice and allow to rest for 5 minutes before serving. Place a large lettuce leaf on a plate and add the risotto mixture in the middle, decorate with some parsley. Serve immediately

