



Mushroom-stuffed chicken with lemon thyme risotto

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



626 kcal

SIDE DISH

Ingredients

- ☐ 25 g the following: parmesan rind) dried for 30 mins, soaking liquid reserved
- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 150 g crimini mushrooms finely chopped
- ☐ 2 thyme sprigs chopped
- ☐ 175 ml wine
- ☐ 4 chicken breast

- ☐ 1 tbsp butter
- ☐ 2 celery stalks finely chopped
- ☐ 1 small onion finely chopped
- ☐ 140 g arborio rice
- ☐ 600 ml chicken stock see hot
- ☐ 0.5 juice of lemon
- ☐ 50 g parmesan grated

Equipment

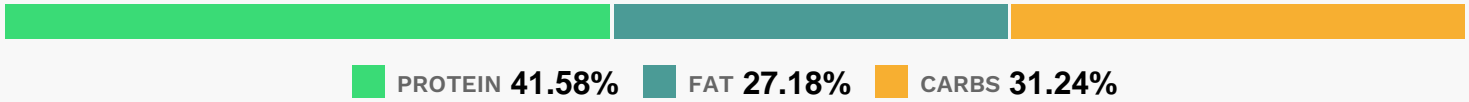
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ First, make the stuffing. Finely chop the soaked porcini and set aside.
- ☐ Heat the oil in a shallow pan, then gently cook the onion for 5 mins, stirring occasionally.
- ☐ Add the porcini, button mushrooms and thyme leaves, season, turn the heat up, then cook for another 5 mins until the mushrooms have softened.
- ☐ Add the wine to the pan, then reduce fiercely until nearly dry.
- ☐ Add 50ml of the porcini soaking liquid, then continue to reduce for a couple of mins until you have a syrupy sauce. Allow to cool for a couple of mins, then carefully spoon between the skin and the flesh of the chicken breasts. Can be made a day ahead and chilled, or frozen for 1 month. Defrost in fridge before cooking. Season, place on a baking tray, skin-side up, then cook in the oven for 20 mins, until the chicken is cooked through and golden.
- ☐ While the chicken is cooking, make the risotto.
- ☐ Heat the butter and olive oil in a saucepan.
- ☐ Add the celery and onion, then cook over a medium heat for 5 mins until softened.

- ☐
- Add the rice, coat it well in the oil, then cook for 1 min. Gradually add the stock a ladleful at a time, stirring with each addition until absorbed. Continue adding the stock and stirring until the risotto is oozing and thick about 20 mins. Stir in the thyme, lemon juice, zest and Parmesan.
- ☐
- When the chicken is cooked through and golden, remove from the oven. Spoon the risotto onto serving plates, sprinkle with the extra Parmesan and top with a chicken breast. Spoon over the juices from the chicken pan, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:23.16, Inflammation Score:-9, Nutrition Score:34.078695867373%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 625.86kcal (31.29%), Fat: 17.63g (27.13%), Saturated Fat: 6.22g (38.88%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 42.8g (15.56%), Sugar: 5.74g (6.38%), Cholesterol: 165.34mg (55.11%), Sodium: 712.01mg (30.96%), Alcohol: 4.57g (100%), Alcohol %: 1.01% (100%), Protein: 60.71g (121.41%), Vitamin B3: 29.88mg (149.38%), Selenium: 96.71µg (138.16%), Vitamin B6: 2.04mg (101.98%), Phosphorus: 722.26mg (72.23%), Vitamin B5: 5.75mg (57.49%), Vitamin B2: 0.7mg (41.23%), Potassium: 1408.15mg (40.23%), Copper: 0.75mg (37.72%), Manganese: 0.65mg (32.36%), Folate: 128.73µg (32.18%), Vitamin B1: 0.48mg (31.97%), Magnesium: 100.28mg (25.07%), Zinc: 3.29mg (21.94%), Calcium: 190.63mg (19.06%), Iron: 3.33mg (18.47%), Fiber: 2.8g (11.21%), Vitamin C: 8.88mg (10.76%), Vitamin B12: 0.65µg (10.76%), Vitamin E: 1.11mg (7.42%), Vitamin A: 292.56IU (5.85%), Vitamin K: 4.27µg (4.06%), Vitamin D: 0.57µg (3.8%)