

Creamy Mushroom & Broccoli Risotto

Recipe makes 4 servings, each serving is:

510
kcal

18 g
fat

50 g
carbs

37 g
pro

Ingredients

- 8 boneless, skinless chicken thighs
- 1 c. uncooked Arborio rice
- 2 c. broccoli florets, chopped
- 1-2 c. mushrooms, sliced
- 1/2 c. red onion, diced
- 2-3 cloves garlic, minced
- 3-4 c. spinach, chopped
- 2 c. chicken bone broth
- 1 Tbsp butter
- 1 Tbsp olive oil
- 1 Tbsp dried thyme
- 1/2 c. shredded skim Mozzarella

Directions

- 1 Preheat an oven to 400 degrees F.
2. In a cast-iron pot add some olive oil and fry half the chicken thighs until each side is golden brown. Set them aside temporarily. Complete the same with the other half of the thighs. Season them with salt & pepper.
3. Add the broccoli, mushrooms, onion, and garlic to the pot. Fry for just a few minutes until lightly soft.
4. Add the chicken back in with the Arborio (risotto) rice, the chicken bone broth, the thyme, and a bit of butter. Stir all of the ingredients together, cover and transfer to the preheated oven.
5. Bake in the oven for 20 minutes, remove and stir in the spinach. Top with the shredded cheese and transfer back to the oven for ~5-10 minutes until the cheese is golden brown.
6. Remove and let rest for a few minutes before serving. Enjoy!

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