KIKKOMAN

Pumpkin risotto with chicken

Total time **45 mins** **10 mins** preparation time **25 mins** cooking time **10 mins** marinating time

Nutritional facts (per portion):
2,004 kJ / 479 kcal

Fat: **16.3 g** Protein: **30.7 g**
Carbohydrates: **51 g**

INGREDIENTS

3 portion(s)

Risotto:

140 g	Arborio rice
250 g	butternut squash
1	small onion
1	garlic clove
600 ml	unsalted vegetable stock
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
20 g	butter
30 g	Parmesan, grated
1 tbsp	olive oil

Chicken:

250 g	chicken breast fillet
3 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic

Toppings:

20 g	baby spinach
1 tbsp	pumpkin seeds
1 tbsp	chives

PREPARATION

Step 1

150 g butternut squash - **1** small onion - **1** garlic clove - **1 tbsp** olive oil - **140 g** Arborio rice
Peel the butternut squash, remove the seeds and cut into cubes. Finely chop the onion and crush or finely chop the garlic. Heat the olive oil in a wide frying pan, add the onion and cook until soft. Add the garlic, then the larger portion of the squash and cook for 2–3 min. Add the rice and cook for another 1–2 min, stirring.

Step 2

600 ml unsalted vegetable stock - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **100 g** butternut squash
Heat the stock and mix in the Kikkoman Soy Sauce. Gradually pour it into the rice, stirring regularly and waiting until the liquid is absorbed before adding more. As it cooks, the squash will soften and partially break down, giving the risotto a creamy texture. Add the remaining diced squash about 10 min before the end of cooking.

Step 3

250 g chicken breast fillet - **3 tbsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic
Cut the chicken into cubes, mix with the Kikkoman Teriyaki Wok Sauce Roasted Garlic and leave to marinate for 10 min. Then cook in a hot frying pan for a few minutes until golden, juicy and coated in the glaze.

Step 4

20 g butter - **30 g** Parmesan, grated - **20 g** baby spinach - **1 tbsp** chives - **1 tbsp** pumpkin seeds

Toast the pumpkin seeds in a dry frying pan for 1–2 min until lightly browned and crispy. When the rice is soft and creamy, remove the pan from the heat. Add the butter and Parmesan and stir vigorously. Serve the risotto with the baby spinach and chicken from Step 3 on top. Sprinkle with the toasted pumpkin seeds and chives.