

VEGAN 'CHICKEN' & MUSHROOM RISOTTO

SERVES 4
PREP 30 MIN | COOK 50 MINS

Ingredients

- 1.5 litres vegetable stock
- 4 tbsp olive oil divided in half
- 250 grams mock chicken such as Coles Natures Kitchen chicken style meat free tenders
- 300g mixed mushrooms roughly chopped
- 4 tbsp white wine vinegar divided in half
- 1 brown onion peeled and diced
- 2 cloves garlic peeled and minced
- 3 tbsp parsley chopped
- 1.5 cups arborio rice
- 0.5 lemon juiced
- 1 tbsp vegan butter
- 3 tbsp nutritional yeast flakes
- 1 tbsp truffle oil optional but adds great flavour
- salt and pepper to season



Recipe Credit: sbs.com.au

Method

1. Pour the stock into a medium sized saucepan and heat on high until simmering, then drop the heat to low and keep covered/warm.
2. Whilst the stock warms up, use a grill pan to grill the vegan chicken tenders on each side. I used some spray olive oil to stop them sticking. When they are heated/cooked through and have nice grill marks on both sides remove from the heat. Slice into chunks, place in a bowl, drizzle some warm stock over them and then cover to keep them moist.
3. In a large frying pan add half of the olive oil and heat on medium high. Once the oil is hot, add the mushroom and sauté for a minute or so, tossing them occasionally.
4. Splash 2 tbsp of the white wine vinegar over the mushrooms and cook for a further 2 minutes, tossing to cook them evenly. Then remove from the heat and set aside in a bowl.
5. In a larger pot, heat the remaining oil over medium high heat. Once hot, toss in the onion, and sauté for 2 minutes or until translucent.
6. Add the garlic and parsley and stir, allowing to cook for a further 2 minutes. If it looks like the garlic is burning, reduce the heat and keep stirring.



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Method

- Splash the remaining white wine vinegar over the rice and stir, cooking for a further minute or so.
- Start to ladle the stock into the risotto and reduce the heat to medium. Start with a full ladle and once that's absorbed, start adding half of a ladle full at a time, stirring continuously and allowing each ladle full to be absorbed before adding another. This process can take a while depending on how much rice you've used, but keep going as the risotto comes together.
- Test the risotto after about 20 minutes to see how it is. If it's still got a little bit of grittiness to it, but you're out of stock, you can start using water. You want it to be firm but cooked through. 1.5L should be plenty for 1.5 cups of rice.
- Once the risotto is nearly cooked, toss in the vegan chicken pieces, the mushrooms, the nutritional yeast flakes and the lemon. Stir well.
- Check for seasoning and add salt and pepper as desired. It's best to wait until the end to season as some stocks are saltier than others.
- Finally, add the vegan butter, stir through and remove from the heat.
- Serve hot with truffle oil drizzled over the top and garnish of your choice. I fried some sage leaves and cooked some vegan garlic bread to go with my vegan chicken and mushroom risotto.



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