

Cauliflower Risotto, Chicken, Parmesan & Smoked Bacon

SERVES 4 | PREP TIME 15 MINS | COOK TIME 10 MINS | CARB COUNT (PER SERVE) 7G

INGREDIENTS

For the lemon chicken:

500g chicken breasts, cut horizontally into 2 cm thick steaks (check pack weight or ask your butcher)
1 clove of garlic, sliced
Zest of $\frac{1}{2}$ a lemon
1 tablespoon of extra virgin olive oil
 $\frac{1}{2}$ teaspoon of salt

For the risotto:

1 head of cauliflower, in florets
1 leek
1 tablespoon of extra virgin olive oil
1 tablespoon of butter
2 cloves of garlic
4 rashers of smoked bacon (or Pancetta)
 $\frac{1}{4}$ cup of white wine (optional)
1 cup of cream
 $\frac{1}{2}$ cup of mascarpone (or sour cream in a pinch)
 $\frac{1}{4}$ cup of grated Parmesan
1 tablespoon of parsley, chopped
1 tablespoon of chives, finely sliced

For the garnish:

1 tablespoon of grated Parmesan

METHOD

Place the chicken breasts in a medium bowl along with all other ingredients and mix well. Heat a large fry-pan on a medium-high heat then place the chicken in the pan. Fry for 3-4 minutes each side until cooked through, then place on a plate to rest and cover the plate with foil.

While the chicken cooks and rests, make the risotto. Put the florets of cauliflower into a food processor and blitz the cauli until it resembles rice. Cut half of the green part from the leek and keep it for use in a soup or stew for another time. Slice the leek in half lengthways then finely slice across the leek to get fine semi-circles. Add the leek to a medium pot with the butter and olive oil. Slowly cook the leek over moderate heat until it softens.



Add to the leek the garlic and smoked bacon and increase the heat in the pan a little to allow the bacon to colour slightly. Add the cauliflower to the pan and stir well. Cook for 3 minutes stirring often. At this point, add in the wine (if using), then add in the cream, mascarpone, Parmesan and allow to reduce for 1-2 minutes until it thickens. Fold the herbs through the risotto.

Serve the risotto with plenty of freshly milled pepper, some grated parmesan and a drizzle of good quality extra virgin olive oil.

Recipe brought to you by Chef Craig Rodger and the best-selling book *What The Fast!*