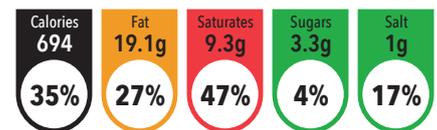




PAPRIKA ROAST CHICKEN WITH RISOTTO STUFFING

-  **Prep:** 15 minutes
-  **Cook:** 1 hour 40 minutes
-  **Serves:** 4

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 1 large whole chicken
- 50g unsalted butter, softened
- 1 tsp smoked paprika
- 1½ tsp **LoSalt**
- 1 onion, chopped
- 1 stick celery, chopped
- 2 cloves garlic, chopped
- 250g risotto rice
- 10g sage leaves, shredded
- 100ml white wine
- 1 very low salt vegetable stock cube

METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Place the chicken in a roasting tin. Mix 25g butter with the paprika and ½ tsp **LoSalt**, loosen the skin over the chicken breasts and spread the butter between the skin and flesh.
3. Roast for 1 hour 10 minutes.
4. Meanwhile, melt the remaining butter in a frying pan and fry the onion, celery and garlic for 3-4 minutes. Add the rice and sage then pour in the wine, cook until it has been absorbed. Transfer to a greased ovenproof serving dish.
5. Dissolve the stock cube in 600ml boiling water and add to the rice with the remaining 1 tsp **LoSalt**.
6. Move the chicken to the bottom of the oven and place the risotto on top, cook for 30 minutes until the rice is tender and the chicken is cooked throughout. Then drizzle some of the chicken juices over the risotto to serve.