



Pearled Spelt Risotto with Chicken and Wintery Veg

A charming recipe using Sharpham Park organic pearled spelt, perfect for kicking those January blues

Serves: 2

Prepare: 20 Minutes

Cook: 30 Minutes

Difficulty: easy

Ingredients

- 200g sharpham park pearled spelt
- 200g organic [chicken breast](#), diced
- 330ml organic [chicken broth](#), warmed
- 350g butternut squash, peeled, deseeded and diced into 2cm cubes
- 150g chestnut mushrooms
- 1 onion, diced
- 1 garlic clove, crushed
- 3 sprigs of thyme
- handful of rocket leaves
- 2 tbsp grated parmesan
- 2 tbsp vegetable oil
- salt and pepper to season

Method

1. Heat a large dry pan on the hob then toss in your cup of spelt, keeping it moving until it starts to brown and smells lightly toasty
2. Start to gradually add the broth a ladleful at a time, stirring the pan over a medium heat until each ladle of liquid has been fully absorbed by the spelt before adding another. Repeat until the grains are cooked through and tender
3. As the spelt cooks, take another pan and sauté the cubes of squash until they're starting to soften. Then add the chicken and onions, letting them cook for a couple of minutes before throwing in the mushrooms, garlic and thyme for a couple of minutes more. Season to taste
4. Serve generous spoonfuls of the spelt risotto into bowls, topping with the chicken and squash before garnishing with parmesan and peppery rocket