

## Dr Joanna McMillan's Miso Chicken & Black Rice Mushroom Risotto

**Appliance: Philips Deluxe All-in-One Cooker**

Serves: 4

Prep time: 15 mins

Cook time: 1hr 30 mins

### Ingredients:

- Handful of fresh coriander, chopped
- 1 bunch of pak choy or bok choy
- 1 ½ Cups (300g) black rice
- 230g Mushrooms
- 2 Cloves garlic, chopped
- 1 Stick celery, diced
- 1 Leek, sliced
- 1 Red onion, diced
- 1 Tablespoon extra virgin olive oil
- 2 Chicken breasts (approx. 500g)

### Ingredients (Marinade):

- Juice of 1 lime
- 1 Tablespoon Soy sauce
- 1 Tablespoon Extra virgin olive oil
- 1 Tablespoon Maple syrup
- 3 Tablespoons Shiro miso

### Method:

1. Whisk the marinade ingredients together in a bowl with a fork. Slice the chicken breast horizontally and in half to create 8 pieces. Add to the bowl and coat with the miso mixture. Place in the fridge and marinate for a least half an hour.
2. Select the sauté/sear function on the Philips All-in-One Cooker and adjust the cooking time to 20 minutes. Once hot, add the chicken pieces, draining off the marinade so it doesn't stew, and sear on each side for a few minutes until just starting to caramelize. Do this in two batches so as not to overcrowd the bowl. Reserve the remaining marinade in the bowl. Set aside the browned chicken pieces.
3. Add the oil to the cooking bowl and heat for a moment. Add the onion, leek and celery and sauté for 5 minutes until softened. Add the garlic and mushrooms and sauté for a few more minutes.
4. Finally add the rice, 2 cups of water and the marinade from the chicken. Close the lid, lock and select the risotto function.
5. Once finished open and place the chicken pieces on top of the risotto. Close and lock the lid. Select the steam function for 10 minutes.
6. After 10 minutes add the pak choy or bok choy. Select the steam function for 2 minutes.
7. Once ready open the lid immediately (otherwise your pak choy or bok choy will overcook). Remove the pak choy or bok choy and chicken to separate plates. Spoon the risotto onto serving plates along with the pak choy or bok choy, layer over the chicken and sprinkle with a little coriander. Enjoy!