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Curry Risotta with Chicken

Ingredients:

- 2 small onions
- 2 green onions
- 1 carrot
- 2/3 cup Brassola Canola Kernel Oil
- 1 cup risotto
- 16 oz vegetable stock
- 1-2 tbsp curry powder
- cumin
- cilantro
- 1 lb chicken breast
- 2 slices of pineapple



Preparation:

Peel the onions and chop finely, cut green onions into rings, and cut carrots into thin strips. Combine onion, green onions, and carrots in a medium pan and sauté with 6 tablespoons of Brassola Canola Kernel Oil until tender. Add risotto and continue cooking until translucent in the center. Stir in vegetable broth and season with curry, cumin, and cilantro to taste. Simmer an additional 15 minutes. While risotto is simmering, cut chicken into bite size pieces and pan fry in 4 tablespoons of Brassola Canola Kernel Oil until cooked all the way through. Add diced pineapple to chicken and heat until warm. Combine chicken and pineapple with risotto mixture and serve immediately.