

One-Pan Chicken Risotto with Parmesan, Spinach & Sun-Dried Tomatoes

Delicious Chicken Risotto with Spinach and Sun-Dried Tomatoes



TIME
40 min

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INGREDIENTS

1 lb chicken breast, diced
1 cup Arborio rice
4 cups chicken broth
1 cup fresh spinach, chopped (or use thawed frozen spinach)
¾ cup sun-dried tomatoes, chopped
¾ cup grated Parmesan cheese
¾ cup white wine (optional but adds great depth)
2 tbsp olive oil
Salt and pepper, to taste

DIRECTIONS

- 1.** Cook the Chicken: Heat olive oil in a large pan over medium heat. Add the diced chicken, season with salt and pepper, and sauté until golden brown and cooked through—about 5-7 minutes. Remove and set aside.
- 2.** Toast the Rice: In the same pan, add a touch more oil if needed. Stir in the Arborio rice and cook for 1-2 minutes, allowing the grains to become slightly translucent. If using white wine, deglaze the pan now and let it reduce for 1 minute.
- 3.** Add the Broth: Begin adding the warm chicken broth ¾ cup at a time, stirring constantly. Wait until each addition is mostly absorbed before adding the next. This process takes about 20-25 minutes and helps the rice release its starch, creating that signature creamy texture.
- 4.** Add Spinach and Tomatoes: When the risotto is nearly done, stir in the chopped spinach and sun-dried tomatoes. Cook until the spinach wilts and everything is heated through.
- 5.** Finish with Cheese: Turn off the heat and stir in Parmesan cheese. Taste and adjust seasoning with salt and pepper.
- 6.** Serve Immediately: Spoon into bowls and serve warm, with extra cheese and a crack of black pepper if desired.

SWAPS & NOTES

and Swaps Rice : Arborio is traditional for risotto, but Carnaroli or Vialone Nano also work.

Spinach : Kale or arugula can be swapped in if you want a stronger, earthier green.

Sun-Dried Tomatoes : Use oil-packed for richer flavor and texture, or rehydrate dry-packed ones in warm water.

Chicken : Thighs can be used instead of breast for juicier bites.

TIPS FOR SUCCESS

Keep stirring : Risotto requires constant attention.

Stirring releases starch and builds creaminess.

Use warm broth : Cold broth can halt the cooking process.

Keep it simmering on a nearby burner.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/one-pan-chicken-risotto-with-parmesan-spinach-sun-dried-tomatoes/>