

Sun-Dried Tomato and Spinach Chicken Risotto: The Cozy One-Pan Meal You Need

Chicken Risotto with Sun-Dried Tomatoes and Spinach



TIME
5 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

Protein & Seasoning:

450 g (1 lb) chicken thighs or breasts: Skinless and boneless. I prefer thighs for extra juiciness.

1 teaspoon salt: Adjust to your preference.

$\frac{1}{8}$ teaspoon black pepper: Freshly cracked is best.

$\frac{1}{8}$ teaspoon garlic powder: For a consistent savory base.

$\frac{1}{8}$ teaspoon dried oregano: Adds a subtle Mediterranean herb note.

Base & Aromatics:

2 tablespoons olive oil: Use a high-quality extra virgin oil.

1 tablespoon unsalted butter: For sautéing the onions.

1 medium onion: Finely diced (shallots also work beautifully here).

2-3 cloves garlic: Minced fresh.

Rice & Liquids:

1 $\frac{1}{2}$ cups Arborio rice: This high-starch rice is non-negotiable for that signature creaminess.

$\frac{1}{2}$ cup dry white wine: (Optional) Use a Pinot Grigio or Sauvignon Blanc.

5-6 cups chicken broth: Keep this warm on the stove throughout the process.

Flavor Add-Ins:

$\frac{1}{4}$ cup sun-dried tomatoes: Chopped. I prefer the oil-packed variety for extra richness.

2 cups fresh baby spinach: Roughly chopped if the leaves are large.

¾ cup grated Parmesan cheese: Freshly grated melts much better than the bottled kind.

Finishing:

1-2 tablespoons butter: (Optional) The secret to a "glossy" finish.

Fresh parsley or basil: Chopped for a pop of color and herb flavor.

DIRECTIONS

1. **Season and Cook the Chicken:** Pat the chicken dry with paper towels-this is the secret to getting a good sear. Season evenly with salt, pepper, garlic powder, and oregano. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the chicken and cook for 4-5 minutes per side. Once it reaches an internal temperature of 165°F, transfer it to a plate. Let it rest for a few minutes before slicing into bite-sized pieces.
2. **Prepare the Broth:** In a separate saucepan, bring your chicken broth to a gentle simmer. Pro Tip: Never add cold broth to your rice! It shocks the grain and stops the cooking process, leading to an uneven texture.
3. **SautØ Aromatics:** In the same skillet (don't wash out those flavorful chicken bits!), add the remaining olive oil and butter. Reduce the heat to medium. Add the diced onion and sautØ until translucent, about 3-4 minutes. Stir in the minced garlic and cook until fragrant (about 30 seconds).
4. **Toast the Rice:** Add the Arborio rice to the pan. Stir continuously for 1-2 minutes. You want the edges of the rice to look slightly translucent while the center remains white. This "toasting" helps the rice absorb the liquid slowly without turning into mush.
5. **Deglaze with Wine:** Pour in the white wine. Use your wooden spoon to scrape up any browned bits from the bottom of the pan. Stir until the wine is almost entirely absorbed.
6. **The "Ladle and Stir" Process:** This is where the magic happens. Add the warm chicken broth one ladle at a time. Stir frequently. You don't need to stir constantly, but frequent movement is what releases the

starch. Wait until most of the liquid is absorbed before adding the next ladle. This usually takes between 18 and 22 minutes.

7. Incorporate the Add-Ins: When the rice is tender but still has a slight "bite" (al dente), stir in the chopped sun-dried tomatoes and the fresh spinach. The heat from the rice will wilt the spinach in about 60 seconds.
8. The Grand Finale: Fold the sliced chicken back into the pan. Stir in the grated Parmesan cheese and that final knob of butter. If the risotto looks too thick, add a tiny splash more broth. It should be "wavy" and pourable, not a stiff mountain on the plate.

SWAPS & NOTES

The Rice: If you can't find Arborio, Carnaroli is an excellent (and often preferred by chefs) alternative.

Do not use long-grain white rice; it won't release enough starch.

The Protein: You can easily swap the chicken for shrimp or even chickpeas for a vegetarian twist.

If you're short on time, use rotisserie chicken and skip the searing step.

TIPS FOR SUCCESS

Patience is a Virtue: Don't rush the broth.

Adding it too fast results in rice that is mushy on the outside and hard in the middle.

The "Wave" Test: In Italy, they call it all'onda.

When you shake the pan, the risotto should move like a gentle wave.

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

Original recipe: <https://chefmaniac.com/sun-dried-tomato-and-spinach-chicken-risotto-the-cozy-one-pan-meal-you-need/>