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Smoked Chicken, Rice and Pak Choi Soup

Ingredients

(Serves 4)

1 onion, finely chopped

Olive oil

150g Frozen Peas

170g Risotto Rice

1/2 Rannoch Smoked chicken skinned chopped

2 Pak Choi finely shredded

Grated Parmesan

Method

Cook the onion in the oil until it starts to soften

Puree the peas in a food processor

Add the risotto rice to the pan and stir

Pour in the stock and the pureed peas and cook for 20 min

After 10 minutes add the chicken and then 2 minutes before the end add the pak choi

Season with black pepper and add some grated parmesan