





CHICKEN CASSEROLE

This recipe for chicken casserole is very simple yet it is packed full of wholesome and nourishing ingredients.

Preparation Time: 15 minutes
Cooking Time: 1 hour

• **SERVES 4** •

Ingredients

4 chicken breast fillets, with skin and wing bone (600g)

1 medium onion, chopped (100g)

½ leek, chopped (75g)

2 large carrots, chopped (200g)

2 cloves garlic, chopped

450g potatoes, quartered

1 tin chopped tomatoes (400g)

1 litre stock

50g butter

2 ½ Tbsp. olive oil

Method

- 1 Cut the chicken breasts into 2 pieces each. Heat oil and butter in heavy pot suitable for the oven. Add chicken, skin down and cook until brown. Turn chicken over and colour.
- 2 Add onion, leek, garlic and stir. Add tinned tomato and stock and bring to the boil.
- 3 Add the carrots and potatoes and season.
- 4 Cover with lid and place in oven at 170°C for 35-45 minutes.
- 5 Serve with green vegetables.

Nutrition Information

Typical Values	Per serving
Energy	515kcal
Fat	27.7g
Carbohydrate	28.7g
Protein	39.4g
Salt	2.0g
Fibre	6.0g