

Chicken & veggie casserole

Serves: 6

Prep time: 15 mins

Cook time: 20 mins



Ingredients

- 1½ cups brown rice
- 1 tbsp olive oil
- 600g skinless chicken thigh fillets, fat trimmed and cut into 3cm chunks
- 1 onion, chopped
- 2 large carrots, chopped
- 2 sticks celery, chopped
- 2 cups broccoli, roughly chopped
- 1 cup mushrooms, sliced (optional)
- 3 tsp reduced-salt chicken stock powder
- 2 cups water
- 3 tbsp cornflour
- 1 cup reduced-fat evaporated milk

Methods

Step 1: Cook rice according to packet directions.

Step 2: While rice is cooking, heat half the oil in a large saucepan over medium heat. Add chicken and brown. Remove to a plate.

Step 3: Add remaining oil to pan and heat. Add the onion and cook, stirring, for 3 minutes. Add the carrot and celery and cook for a further 3 minutes until vegetables are softened.

Step 4: Add the chicken back to the pan along with the broccoli, mushrooms, stock powder and water. Bring to the boil, then reduce heat and simmer, covered, for 8-10 minutes or until chicken is cooked.

Step 5: In a medium sized jug, whisk the cornflour with 1 tablespoon water until smooth. Add the evaporated milk and stir well.

Step 6: Add evaporated milk to the chicken mixture, stirring well to combine. Bring to a simmer and cook, stirring for 2-3 minutes or until sauce has thickened.

Step 7: Divide rice between serving plates or bowls, top with casserole and serve.

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