



Healthy
Eating

Recipe of the week

Chicken & Mixed Vegetable Casserole

Ingredients

- Diced chicken breast
- 1 large onion halved and sliced
- 1 tbsp. of olive oil
- 1 tbsp. flour
- 2 carrots sliced
- 1 pepper diced
- 3 mushrooms
- ½ tin peas
- 2 potatoes, cubed
- 1 tsp mixed herbs
- 500 ml of reduced salt chicken stock (1 cube)

Step 1

Fry the sliced onion in a pan for 2 minutes until softened. Add the diced chicken and cook thoroughly.

Step 2

Add the leeks, potatoes, carrot, pepper, mushrooms and peas. Cook for 3 minutes. Sprinkle over a spoon full of flour.

Step 3

Gradually add the stock, stirring all the time until thickened. Add one teaspoon of mixed herbs. Simmer for 20 minutes.