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Autumn Chicken and Vegetable Casserole



30-40min



4 Portions

Quick, simple and tasty. That's how we like our weeknight dinners and this recipe is guaranteed to not disappoint! Here we've combined boiled chicken with veggies galore, so you can rest easy knowing that the family have reached their 5 a day vegetable intake!

What we send

- free-range chicken breast fillets
- 1 celery stick, 2 garlic cloves, parsley and thyme
- vegetable stock cocentrate
- broccoli
- green beans
- carrots
- onion
- potatoes

What you'll require

- butter ⁷
- milk ⁷
- olive oil
- salt
- wholegrain mustard ¹⁷

Utensils

- Colander
- Kettle
- large deep frying pan or saucepan
- large saucepan
- medium saucepan
- potato masher

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you would like to spice up the mash a little, stir in 2-3 tsp of your favourite mustard.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 505.0kcal, Fat 10.0g, Proteins 46.3g, Carbs 50.4g



1. Prepare potatoes

Peel **potatoes** and cut into bite-sized pieces. Place in a large saucepan of salted water and bring to the boil. Reduce heat and simmer for 12-15 mins until tender. Drain well and return to pan. Bring a kettle to the boil.



2. Prepare ingredients

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Thinly slice the **celery**. Pick **parsley** leaves (discard stems) and coarsely chop. Thinly slice the **carrots**. Trim ends of **green beans**. Cut **broccoli** into florets and thinly slice stalk.



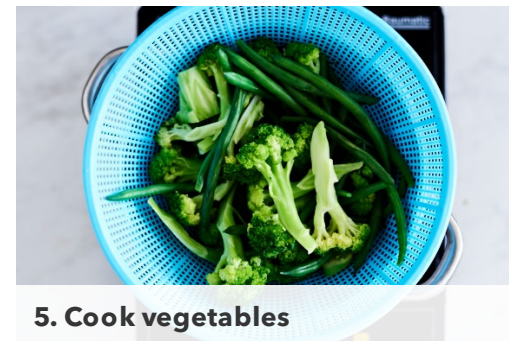
3. Slice chicken

In a jug, dissolve the **vegetable stock concentrate** in 500ml (2 cups) of boiling water. Cut each **chicken breast** in half crosswise. Bring a medium saucepan of water to the boil for the vegetables.



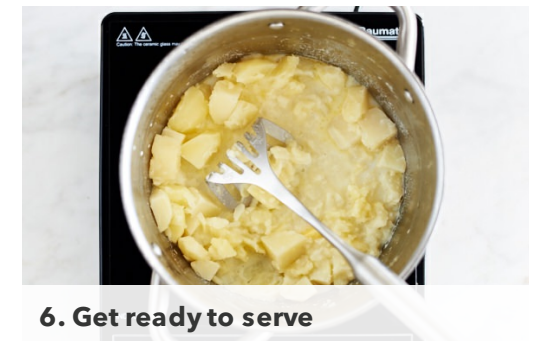
4. Start casserole

Heat 1 tbs **oil** in a large deep frypan over medium heat and cook the **onion, garlic and celery** for 5 mins. Add the **chicken pieces** and fry for 2-3 mins until starting to brown. Add **flour** and stir for 1 min. Add **carrots, stock and thyme** and bring to the boil.



5. Cook vegetables

Reduce heat to low and simmer for 10 mins or until **chicken** and **vegetables** are cooked and sauce has thickened. Meanwhile, cook the **green beans** and **broccoli** in the pan of boiling water for 3-4 mins until tender. Drain well.



6. Get ready to serve

Return **potatoes** to the pan over low heat and add 20g **butter** and 80ml (1/3 cup) **milk** and mash until smooth (see cooking tip). Season with **salt and pepper** to taste. Divide **mash** between plates and spoon over **casserole**. Scatter with **parsley**. Serve with **vegetables** on the side and **wholegrain mustard** for the adults.