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Cheesy Chicken Casserole

with Broccoli & Mixed Grains



30-40min



4 Servings

Normally it doesn't take much more than the word "cheesy" to pique our interest, but throw in chicken, broccoli, mixed grains, all in a casserole, and we're fully committed. This dish is everything you'd hope for—creamy, hearty, filling, and a family favorite. Best of all, the barley is par-cooked, meaning it'll be tender in just ten minutes. Cook, relax, and enjoy!

What we send

- Dijon mustard
- boneless, skinless chicken breasts
- broccoli crown

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

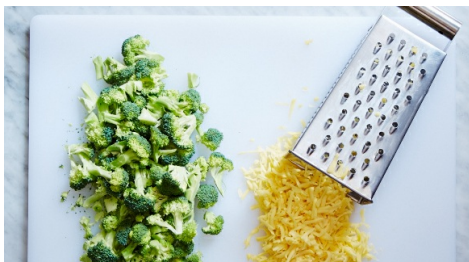
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

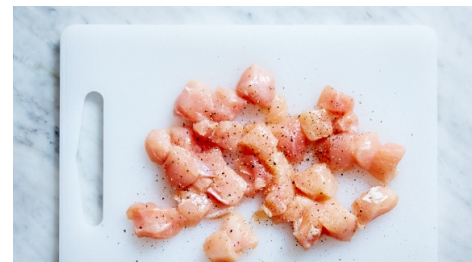
Nutrition per serving

Calories 595.0kcal, Fat 26.3g, Proteins 47.6g, Carbs 39.1g



1. Prep ingredients

Cut broccoli into small florets. Grate Gouda on the large holes of a box grater.



2. Prep chicken

Pat chicken dry and cut into 1-inch cubes. Season with $\frac{1}{4}$ teaspoon salt and a few grinds pepper.



3. Cook chicken

Heat 2 tablespoons oil in a large ovenproof skillet over medium-high. Add chicken and cook until browned, 5-7 minutes. Transfer chicken to a small bowl.



4. Cook grains & broccoli

Add 3 cups water, grains blend, broccoli, and $\frac{1}{4}$ teaspoon each salt and pepper to the same skillet over medium-high heat. Cover and cook until grains and broccoli are tender and liquid is almost all absorbed, 8-10 minutes. Remove from heat and return chicken to skillet.



5. Make the cheese sauce

Melt butter in a small saucepan over medium heat. Whisk in 2 tablespoons flour and cook until golden, 2-3 minutes. Whisk in milk and bring to a simmer, whisking often, until very thick, 4-5 minutes; remove from heat. Whisk in 2 tablespoons Dijon mustard and $\frac{3}{4}$ of the Gouda. Season with salt and pepper.



6. Broil

Preheat broiler with rack in top position. Add cheese sauce to skillet with chicken, broccoli, and grains and stir to combine. Top with remaining Gouda and place under the broiler until cheese is melted and golden brown, 2-4 minutes (watch closely as broilers vary widely). Enjoy!