

Chicken Casserole

Ingredients

- 600g Chicken Breasts or Diced Chicken
- 150g diced carrot (2 medium)
- 100g Onion
- 1 small leek
- 1 Knorr Chicken Stock Cube
- 1 powdered Chicken Casserole Sauce
- A splash of rapeseed or sunflower Oil

Options

- You have a choice of container for freezing and whether you want to freeze with sides of potato and vegetables.
- You can skip the leek or you can add other vegetables such as turnip.
- This recipe is for serving in a 3-cell container. If you are serving in a foil tray with mashed potato topping, you may want to add extra vegetables such as turnip, peas or sweetcorn.

Equipment

- Big pot
- Pair of kitchen scissors
- Basic utensils – nothing special!

Preparation

- Get the ingredients and equipment to hand
- Dice the onion - although it is much easier to use frozen onion.
- Dice the carrot and chop the leek.

Method

Add a splash of rapeseed or sunflower oil to the bottom of the pan and heat gently.

Add the chicken.

If you are using chicken breasts, use a fork to hold the chicken and the scissors to cut the chicken right into the pot. Do not wash the chicken.

Keep turning the chicken for about 10 minutes until sealed on all sides. If you leave it for more than 10 minutes, the chicken will be nearly fully cooked but that's ok as it will keep moist and will have plenty sauce.

Tip: Cheap chicken gives off a lot of water and white gunk so you might want to pour off some of that liquid.

Add the onion and leek and keep them moving in the pot until softened.

Cover with water and add the chicken stock and carrot.

Bring to the boil and simmer for a further 20 minutes or until the carrot is soft.

Mix the powdered sauce with a little cold water and add to the pot.

Return to the boil and allow to simmer for a further 5 minutes.



Portions

Number of portions	5
Final Portion Size	225g
Storage Container	3-Cell Tray
	Small Foil

Storage

This can be served fresh but also ideal for freezing in 3-Cell Trays for individual meals.






Add 250g of Chicken to large cell. This is about 1½ ladles.

Can also be stored in a small foil tray and topped with mashed potato.

Allow to cool before freezing

Heating & Serving

Heating instructions from thawed are a guide only.

Micro	Oven	Stove	Fryer	Cold
				
5 min	30 min	15 min		
Plastic Tray	Foil Tray			

Adjust times if cooking from frozen.

Preferably defrosted overnight before heating.

Typically 5 minutes on full power but this will depend on your microwave.

Be sure the meal is piping hot throughout before serving.

Can be eaten directly from the tray.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Carrots
- Dicing and Slicing Leeks
- Topping dish with Mashed Potato
- Using a 3-Cell Container

Dicing Chicken

Use a fork to hold the chicken breast over the pot and cut into rough chunks with the kitchen scissors, directly into the pan.

Safety Tip

Reduce the Risk of Cross-Contamination & Food Poisoning

Do not wash the chicken.
Put the fork and scissors right into the dishwasher or a basin of hot water.
Wash your hands.

