

Simple Chicken & Broccoli Casserole

7 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
3. In the same skillet, using the fat from the chicken, add the broccoli and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
4. Meanwhile, in a saucepan over medium-low heat, add the coconut milk, tapioca flour, and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
5. Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

Additional Toppings

Serve with rice or cauliflower rice.

No Tapioca Flour

Use arrowroot flour or corn starch.

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/4 tsp Sea Salt (divided)
- 1 tsp Avocado Oil
- 5 cups Broccoli (cut into florets)
- 1 1/4 cups Canned Coconut Milk (full fat)
- 1 tbsp Tapioca Flour
- 3/4 cup Chicken Broth