

Chicken Casserole

24 Green Gourmet Chicken Fillets

1/2 swede - finely diced

4 carrots - sliced

2 onions - finely sliced

2/3 celery stick - finely chopped

4 tbsp vegetable oil

1 tbsp flour

4 tsp tomato puree

1/2 pint chicken or vegetable stock

1 tsp mixed herbs

2 tsp soy sauce

Seasoning: salt and pepper

ingredients



cooking instructions

- ❁ Oil tin and place into pre-heated oven (180° C, gas 5) for 2-3 mins.
- ❁ Add the chopped swede, sliced carrots, onions and celery and stir.
- ❁ Return to the oven, uncovered, for 10-15 mins stirring once during this time.
- ❁ Remove, stir in the flour, season with pepper, salt and mixed herbs.
- ❁ Add the frozen chicken fillets, stir the vegetables onto the top.
- ❁ Mix the tomato puree, soy sauce into the stock and pour over the chicken.
- ❁ Cover and return to oven for 30 - 40 mins, stirring occasionally making sure the sauce has simmered gently.