

COMPLETE MEAL

Sweet Potato Chicken Casserole

This chicken casserole and mashed potato conjures up the image of the deep south of America with the use of traditional Cajun vegetables.

Makes 10 portions (166g/portion)

Ingredients

500g		10 Green Gourmet Great British Chicken Breast Fillets (GG Code – 7232)
200g	(1 medium)	sweet potato, diced
11g	(1 tblsp)	oil
150g	(1 large)	onion, sliced
50g	(½ stick)	celery, finely chopped
570g	(1 pint)	vegetable stock
10g	(1 dspn)	cornflour (made into a paste)
1kg		potatoes
20ml		semi skimmed milk

Method

- Place the sweet potatoes, onion and celery into a baking tin and bake in a moderate oven for 10-15 minutes.
- Add the cornflour to the stock to make a thin sauce, pour over the vegetables and immerse the Green Gourmet Great British Chicken Breast Fillets.
- Cover and bake according to the cooking instructions for 35-40 minutes, stirring the sauce once after 25 minutes.
- At the same time boil the potatoes. Drain and add the milk and, using a beater, whisk to a creamy consistency.

Serving Suggestions

Stocks are a very good way of adding nutrients, especially if you use the cooking water from the vegetables. Any dried herbs could be added to vary the recipe and at the same time contributing essential nutrients such as iron and calcium

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
90.0	1.2	0.2	11.8	0	1.0
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
8.6	0.5	0.4	11.3	67.1	4.4
Folate (µg)	Sodium (mg)				
16.2	99.3				

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