

# Rainbow vegetable & chicken casserole

(Serves 5)

## Ingredients

- 1tbsp Oil, Olive, napolini
- 450g Chicken Breast fillets
- 100g Sweet potatoes
- 220g Cauliflower florets
- 220g Cabbage, savoy, diced
- 120g Green beans, fresh, trimmed & cut
- 200g Carrots, diced
- 100g Potatoes, cut into small cubes
- 100g Swede, diced
- 50g Baby corn, cut into pieces
- 1 Tomato, medium, chopped
- 50g Mushrooms, button, sliced
- 1 Garlic clove, crushed
- 1 Bay leaf
- handful Coriander, fresh, chopped
- 1 Aubergine
- 500g Passata
- 1 tbsp Tomato puree
- 1 tsp Paprika, sweet
- 1 tsp Oregano, dried
- 1 tsp Basil, dried
- 1 tsp Worcestershire sauce
- 1/2 tsp Black pepper
- 1/2 tsp Cayenne pepper (optional)
- 1 Stock pot, (knorr chicken)
- 1 litre Water

## Preparation

1. Pre-heat oven 190°C /375°F/ Gas Mark 5 (170°Fan).
2. In a large flameproof pot, heat olive oil on hob over a medium-high heat.
3. Sauté the chicken pieces, stirring often, for about 5 minutes or until browned on all sides.
4. Transfer chicken to a plate. In same pot, throw in vegetables, garlic, bay leaf & coriander.
5. Boil pan of water. Cut aubergine into smallish pieces & blanch in the boiling water for 2 minutes.
6. Drain & set aside.
7. In a bowl mix passata, tomato puree, paprika, oregano, basil, worcestershire sauce, black pepper & cayenne pepper if used.
8. Pour over the vegetables. Stir. Add chicken & aubergine.
9. Make stock & pour over chicken & vegetables. Stir. Cover & bring to boil.
10. Cover & transfer to oven. Cook for 1.5 hours.
11. Remove bay leaf prior to serving.

**TOP TIP:** A low calorie dish but a blast of goodness! If you would like to cook it quicker, cover & simmer it on the hob for 45 minutes.

**NUTRITIONAL VALUES  
PER SERVING**

Calories 319  
Total Sugars 16.36g  
Total Fats 5.81g  
Saturated Fats 1.06g  
Salt 1.29g  
Fruit & Veg 4.75