

Chicken & Red Bean Cassoulet with Broccoli

(Serves 3)

Ingredients

- 300g Chicken Breast fillets, diced
- 2 Garlic cloves, crushed
- ½ tbsp Mixed herbs, dried
- ¼ tsp Black pepper
- 1/2 tbsp Oil, Olive, napolini
- 1/2 Stock pot (Knorr chicken)
- 350mls Water
- 100g of each Onions, Celery & Carrots, diced
- 100g Sweet potatoes, cut into cubes
- 1 x 400g tin Tomatoes, chopped, napolini
- 1 x 400g tin Kidney beans in water
- ½ tsp Orange, zest
- 1 Bay leaf
- 30g Breadcrumbs, wholemeal
- 75g Cheese, Cheddar, Cathedral city lighter, grated
- 120g Broccoli florets

Preparation

1. Mix chicken with crushed garlic, mixed herbs & black pepper. Cover & chill for 1 hour.
2. Preheat oven to 180°C/350°F/Gas Mark 4 (160° fan).
3. Heat the oil, on the hob, in a large oven-proof casserole dish.
4. Saute chicken for 4 minutes. Remove chicken & set aside. Prepare stock.
5. Put 50mls of the stock in the pot. Cook onion, celery, carrots & sweet potatoes for 5 minutes.
6. Drain & rinse kidney beans under cold running water. Drain.
7. Add tomatoes, kidney beans & orange zest to pot.
8. Add chicken, rest of stock & bay leaf. Bring to boil. Cover & transfer to oven. Bake for 25 minutes.
9. Remove bayleaf. Mix breadcrumbs & grated cheese. Sprinkle on top. Bake uncovered for another 10-15 minutes.
10. Meanwhile, cook broccoli by preferred method until texture to taste. Drain. Serve.

TOP TIP: Always opt for beans & pulses tinned in water with no added salt or sugar.

NUTRITIONAL VALUES

PER SERVING

Calories 490

Total Sugars 15.77g

Total Fats 10.98g

Saturated Fats 4.74g

Salt 1.67g

Fruit & Veg 3