

Chicken Casserole

Here's a list of ingredients that you'll need to make your casserole. Cook along with Frances' film to make a tasty & healthy meal for all the family.

- 1kg chicken – thighs and breast
- 2 tsp oil
- 1 onion
- 2 cloves garlic
- 2 sticks celery chopped
- 2 carrots in chunks (8g carbs/100g)
- 2 chopped leeks
- Frozen peas (9g/100g)
- 600ml chicken stock
- 15g flour (10g carbs)



Method

1. Fry off chicken pieces until brown for 10 minutes.
2. Put in slow cooker with all veg.
3. Mix flour with a little stock to make a thick paste and add in with rest of stock.
4. Cook on high for 3 hours or low for 6-8 hours.
5. Serve with new potatoes or sweet potato wedges – both lower GI than mashed or jacket potato.



Scan the QR code to view
Frances' Kitchen Page.