



SLT- TRADITIONAL CHICKEN CASSEROLE WITH DUMPLINGS

A deliciously rich, classic English chicken casserole with dumplings. Using chicken breast, carrots and onions all cooked for a few hours in your casserole dish.

 5 minutes
 55 minutes
 4 portions

INGREDIENTS

- 4 medium portions of chicken, breast, casserole, meat only [1040 g]
- 2 tablespoons of oil, olive [22 g]
- 1 medium unit of onions, raw [150 g]
- 2 large units (7-1/4" to 8-1/2" long) of carrots, raw [144 g]
- 2 large sprigs of thyme, fresh [2 g]
- 750ml of chicken stock
- 2 heaped tablespoons of flour, wheat, white, plain, soft [60 g]
- 2 grams of salt
- 2 grams of pepper, black
- 100 grams of dumplings, homemade
- 1 small portion of potatoes, old, mashed with butter [120 g]

COOKING METHOD

- 1° Pre-heat your oven to 180C
- 2° Begin by preparing your ingredients – trim the chicken breasts of any excess fat, peel and slice your carrots, cut the onion into bite-sized pieces and peel and crush the garlic cloves
- 3° Then heat oil in your casserole dish, and add in the sliced onion and carrot. Cook for about 5 minutes, stirring often until the onion begins to turn a little brown – this will flavor the oil and pan – remove from the pan and set aside to make room for your chicken.
- 4° Then add in your chicken breasts and garlic – season with salt and pepper, and cook for about 6 minutes – until they're browned slightly on each side – they won't brown any more once they're in the casserole juices so make sure you get the colour you want at this stage
- 5° Then, add back in the onions and carrots along with 2 tbsp of flour (which will help thicken the sauce) – stir to coat everything
- 6° Then add in the chicken stock – make sure you have enough to cover the chicken, the qty will vary a little depending on the size of your dish
- 7° Then add in the sprigs of thyme, put the lid on and cook in the oven for 30 minutes
- 8° Whilst that's cooking – make up your dumplings as per packet instructions. Then, after 30 minutes add the dumplings on top of the casserole, evenly spread out.
- 9° And cook for a further 20 minutes uncovered until the chicken and dumplings are cooked through! Serve and enjoy

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (513 g)	% DRI
ENERGY	122 kcal	629 kcal	31 %
PROTEIN	15 g	78 g	155 %
CARBOHYDRATE	6 g	29 g	11 %
SUGARS	1 g	4 g	5 %
FAT	5 g	24 g	34 %
FATTY ACIDS, TOTAL SATURATED	1 g	7 g	36 %
FIBER	1 g	3 g	13 %
SODIUM	203 mg	1041 mg	43 %