

CHICKEN CASSEROLE



- This recipe is pure comfort food and turkey is another lean meat that works really well here.
- Marinate the meat for an hour (if you have time)
- Full of nutrients and absolutely delicious.

Prep Time: 10 minutes

Cook Time: 2 hours

Serves: 4

Nutritional Information:

- Protein: 21.2g
- Fat: 15.4g
- Carbohydrates: 34.9g
- Fibre: 7.2g
- Calories: 370

Ingredients:

- 2 garlic cloves, crushed
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tsp paprika
- 4 skinless chicken breast fillets
- 2 tbsp olive oil
- 1 onion, finely chopped
- 100g chorizo, sliced into 2cm rounds
- 400g tin of chopped tomatoes
- 100g dried apricots, chopped
- 50g split red lentils
- 1 cinnamon stick
- 200ml water
- a handful of flaked almonds
- a handful of mint leaves, chopped
- brown rice, to serve

Method:

1. Mix the garlic, coriander, cumin and paprika in a large bowl. Add the chicken and use your hands to massage the marinade into the meat.
2. Cover and leave to marinate in the fridge for 1 hour.

3. Preheat the oven to 180°C/350°F/gas 4.
4. Heat the olive oil in a large casserole dish over a medium heat. Add the onion and chorizo and cook for about 10 minutes.
5. Add the tomatoes, apricots, lentils, cinnamon stick, chicken and water and stir well.
6. Cover the casserole and place it in the oven for 1½ hours.
7. Meanwhile, spread the almonds on a baking tin and bake for 5–10 minutes or until toasted, turning halfway through.
8. Ladle the cooked casserole into warmed serving bowls and sprinkle over the almonds and mint.
9. Serve with brown rice.

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