

What's For Dinner?

Chicken casserole using all the short cuts!

- Purchase any of our chicken pieces pack, I prefer thighs, but hey any piece will do.
- You will need between 1-2 onions depending on how many you are cooking for.
- 1-2 Garlic cloves.
- 2 – 3 handfuls of our portabellini mushrooms, but if you have big ones, its also perfect, you'll just need to cut them a little smaller.
- Then, if you want, you could grate a carrot or two, or slice up a green pepper or two. Both go really well in these casseroles.
- 1 bag of our baby spinach, don't forget to rinse before using.
- Then about 3-4 TBS of our black kalamata olives.
- Spice combo (3-4 Pax meal =1tsp ground cumin, 1tsp ground coriander, 1tsp paprika, 1,5tsp salt/ If you are cooking for more than ¾, then simply double my spice combo)

How to make a casserole taste like its been cooking for hours!! (Pop your oven onto 180)

- Grab your favorite frying pan, pop a dollop of butter in and fry each piece of chicken until they are nice and brown, do this on high heat, you don't need to cook the piece, you just sealing the outside. No need for seasoning just yet.
- Then grab your favorite oven proof dish (with a lid). First in is your sliced raw onion, then crush your garlic and sprinkle it on top of the onion. Then sprinkle your baby spinach leaves (as many or as little) Then pop each chicken piece nicely on top of that. Then add your mushrooms on top of the chicken along with the grated carrot/ green pepper or both, and now throw the olives in.
- At this stage if you wanted to, you could throw in a cup of white wine, and then mix your spices into ½ C hot water and throw that in. If you aren't adding wine, then mix up your spices in a cup and a half or around there of water. You just want the bottom of your dish in enough liquid to create a delish sauce. Don't drown the chicken. Pop your lid on and bake for a good 40minutes. Then take your dish out, add either half a cup of yoghurt or half cup of cream. Take a tsp and just stir little circles around the chicken to mix it in nicely. Then pop your dish back into the oven (without the lid) for another 30min (if it's a big meal, make it 40-50min).

AND That is that! It is delicious every time without fail! And basically, the oven does alllll the hard work! 😊

~ Enjoy,
Jen

