Chicken Casserole

Ingredients

1 onion
1 carrot
1 leek
1 potato
8 mushrooms
8 chicken thighs
1 x 15ml oil
1 x 15ml spoon flour
800ml stock (water and cube)
1 x 5ml spoon mixed herbs

Equipment

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Prepare the vegetables:
   - peel and chop the onion;
   - peel and chop the carrot;
   - trim the leek and slice;
   - peel and cut the potato into 8;
   - slice the mushrooms in half.
3. With a fresh knife on a clean chopping board, remove the chicken skin and cut into chunks.
4. Fry the chicken for 5 minutes in oil, until it has turned white. Place in an oven proof dish.
5. Add the potatoes to the chicken.
6. Fry the onion for 2 minutes, then add the leeks, mushrooms and carrots.
7. Sprinkle over the flour, then gradually add the stock, stirring all the time until thickened.
8. Pour this mixture over the chicken and then add the herbs.
9. Cover the oven proof dish and cook for 1-1.5 hours.

Top Tips

- Cooking bacon with the chicken gives a great flavour.
- Make a tasty vegetarian casserole by swapping the chicken for extra veg.

Skills

- Preparing raw meat ☑
- Using the hob and oven ☑
- Preparing a range of vegetables ☑
- Using a knife ☑