

CHICKEN & CARROT CASSEROLE



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Vegetables can be substituted for any hardy vegetable like sweet potatoes or pumpkin.



FOOD WASTE TIP

No need to peel potato, carrot and zucchini. Keep the skins on for a waste free meal.

INGREDIENTS



1 tbsp. olive oil



1 onion, diced



4 cloves garlic,
minced



1 tbsp. tomato
paste
(no added salt)



2 chicken breasts
or 4 thigh fillets,
chopped into
3cm pieces



2 large potatoes,
diced



1 large carrot,
diced



1 large zucchini,
diced



2 tbsp. dried
mixed herbs



2 cups water +
1 salt reduced
chicken stock cube



1 tin white beans,
drained &
washed



1 tin diced
tomatoes

STEPS



Add olive oil to a large, deep frypan on medium-high heat. Add the diced onion and garlic and stir for 5 minutes. Add the tomato paste and stir for 2 minutes.



Add the chicken pieces, stirring for 4 minutes or until golden brown.



Add the potatoes, carrot, zucchini and dried mixed herbs. Cook for about 5 minutes, stirring regularly.



Add the chicken stock and diced tomatoes. Stir well and bring to the boil.



Reduce the heat to low and simmer for 25 minutes, stirring occasionally.



Stir in beans and cook for another 5 minutes or until broth thickens. Serve with a slice of wholemeal bread and salad.