

Posted on 17 September 2012

by ewfood

Chicken Casserole

Ingredients

4 chicken breasts
1oz. flour
Salt and pepper to taste
3 tsp. herbs of your choice
1.5fl oz. oil for frying
1 onion, chopped
½ green pepper, chopped
1 punnet mushrooms, sliced
2oz. frozen peas
16fl oz. chicken stock
2fl oz. heavy cream

Preparation Time
20
min
Cooking Time
20
min

Preparation

1. Preheat the oven to 200°C
2. Mix the flour, herbs and pepper. Season the chicken breasts well with the salt. Coat the chicken in the flour and fry on each side in hot oil. Remove from the oil, drain and place in a casserole dish
3. In the same oil sauté the onion, pepper and mushrooms until the mushrooms are soft. Add this to the chicken in the casserole dish and pour the frozen peas on top
4. Whisk together the chicken stock and the cream and pour over the chicken and vegetables
5. Bake in the oven for 20 minutes. Serve with rice or potatoes

Cooks Note

Preparation time: 20 minutes; Cooking time: 20 minutes