



# Recipe of the Month

## CHICKEN CASSEROLE

\*serves 8 (freeze any left-overs not eaten within a week)

### Ingredients

1kg chicken thigh pieces

$\frac{1}{2}$  bunch celery, diced + leaves

6 carrots, diced

8 baby squash, cut in quarters

3 parsnips, thick sliced

1kg chat potatoes, unpeeled & whole

800g tin crushed tomatoes

Handful fresh rosemary

3 Massel 7s chicken stock cubes

Fresh chili, finely chopped

**Step 1:** Heat large cooking pot with olive oil and brown the chicken. Dissolve chicken stock in 800ml boiling water and add to the pot with the diced celery and celery leaves, cover and simmer on moderate heat.

**Step 2:** Prepare the other vegetables - do not peel any - as listed and add all of them, except the potatoes, to the pot along with crushed tomatoes and rosemary. Cover and allow to simmer on low-moderate heat for 1 hour. Add the whole chat potatoes, a pinch of salt and the finely chopped chili and allow to simmer, covered for further 30 minutes or until chicken is falling away from the bones.

Serve as a lunch or dinner & **ENJOY!**

### Nutritional Profile

#### (Per serve)

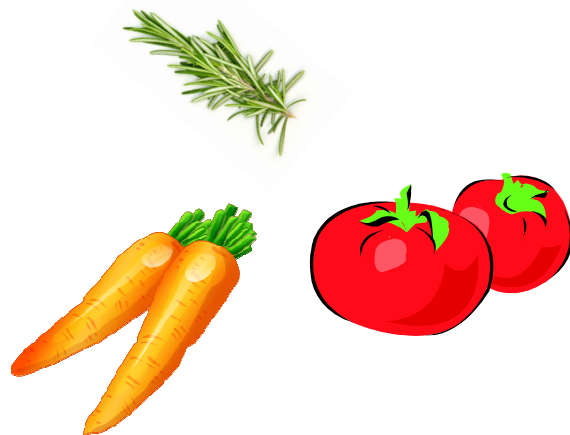
Energy 1430kJ

Fat 10g

Protein 30g

Carbs 30g

Fibre 9g



Each serve contains 4.5 serves of vegetables.

*"changing the way you eat"*