Creamy Chicken Casserole
RECIPE

Creamy Chicken Casserole



TIME	40 mins
INGREDIENTS	11 items
MAKES	2 servings

This creamy casserole is full of flavour - without the health warning! Use light cream cheese to finish off the dish!

INGREDIENTS

- Ben's Original™ Mushroom Microwave Rice 220g
- 1tbsp Sunflower Oil
- 2 Chicken Breasts
- 2 rashers of Streaky Bacon, chopped
- 1 White Onion, chopped
- 100g Button Mushrooms, chopped
- 1 Garlic Clove, crushed
- 1tbsp Plain Flour
- 300ml Chicken Stock
- 2tbsp Light Cream Cheese
- Small handful of Fresh Chives, chopped

INSTRUCTION

1. Place the chicken breasts between greaseproof paper and use a rolling pin to flatten each piece to an even thickness. Heat the oil in a casserole pan over a medium to high heat. Add the chicken breasts and cook for 5 minutes until browned on each side. Remove from the pan and aside on a plate.
2. Add the bacon to the pan and when beginning to crisp and release its fat, mix in the onion. Cook for 5-7 minutes until starting to soften, then add the flour and stir to coat. Add the mushrooms and garlic into the pan, fry for 3-4 minutes.
3. Return the chicken to the pan and add the chicken stock. Cover and simmer for 10 minutes, until the chicken is cooked. Cook the Ben's Original™ rice according to pack instructions.
4. Just before serving, stir in the cream cheese to the pan and stir fully mixed. Place the rice into bowls and top with a chicken breast and the creamy sauce. Sprinkle some chopped chives on top and enjoy!

NUTRITION

Amount Per Serving

- Carbohydrates (g) 51.8
- Cholesterol(mg) 151
- Dietary Fiber (g) 5.1
- Energy (kJ) 2447
- Protein (g) 60.3
- Sugars (g) 7
- Total Fat (g) 13
- Saturated Fat (g) 3
- Salt(g) 3.35
- Sodium (mg) 1338
- Trans Fat(g) 0.1

Categories:

Mushroom, 30-45 Min, Stove Top, Chicken, Easy family dinners.

MORE RECIPES LIKE THIS



Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items



Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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