

Ben's Original™

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](#).

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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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