

Creamy Chicken Casserole RECIPE

# **Creamy Chicken Casserole**



<?xml version="1.0"?>

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!

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#### **INGREDIENTS**

- Ben's Original<sup>™</sup> 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. 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. 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. 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  $^{\text{m}}$  rice according to pack instructions.

4. 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

SEE DETAILS

### **Spanish Style Rice**

Cooking time

40 mins

Ingredients

13 items

**SEE DETAILS** 



## **Herby Chicken with Pesto**

Cooking time

40 mins

Ingredients

12 items

**SEE DETAILS** 

**Source URL:** https://uk.bensoriginal.com/rice-recipes/creamy-chicken-casserole