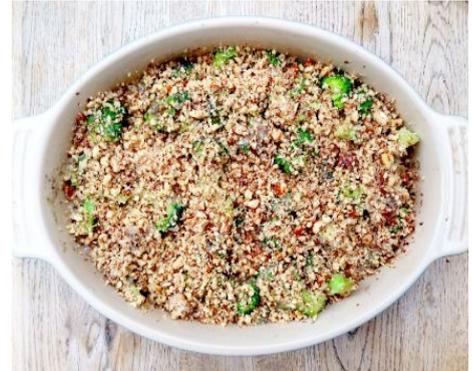


Chicken and Broccoli Bake

Makes: 4 Servings

Ingredients

2 Tbsp olive oil or coconut oil for frying
300g Mushrooms (Chopped)
250ml Light Coconut Milk
250ml Chicken Stock
1 Tsp Mustard Powder
400g Chicken Breasts
300g Broccoli
100g Hazelnuts
Salt and pepper to taste
Optional: Cheese



Instructions: Preheat the oven to 180C/350F/Gas 4

Heat a tsp oil in a large saucepan on medium heat, then add the mushrooms. Sprinkle with salt and pepper and cook until they start to grey and soften about 5 mins.

Pour in the coconut milk and chicken stock and stir, then take it off the heat and sprinkle in the mustard powder. Use a hand blender to blitz or pour into a food processor and blend until as smooth as possible, then set it aside.

Heat approx. tablespoon of oil in a pan on medium/high heat while you chop the chicken and the broccoli into little pieces. Add them to the pan and cook for about 5 mins until the broccoli is bright green and the chicken is almost fully cooked.

While they're cooking add the hazelnuts to your food processor and blitz until you have a breadcrumb-like consistency. Then add ½ tablespoon oil and some salt and pepper and blitz again until you have a fluffy, crumbly mixture.

Add the chicken and broccoli to your casserole dish, then pour the mushroom sauce over it and mix well. Sprinkle the hazelnut mixture over the top.

Pop in the oven for 40 minutes. To reheat leftovers, just pop in the oven until heated through. To freeze, let it cool completely before wrapping in foil and freezing.

Nutrition information: Each serving counts as **1.5 Veg 2 Protein 2 Fat**

Recipe from the Little Green Spoon by Indy Power see www.thelittlegreenspoon.com