



Chicken Casserole and Cheesy Garlic Bread

Recipe by School Food Matters



Serves 6



1 hour

INGREDIENTS

Casserole:

- 500g skinless chicken thigh, raw, diced
- 2 ½ tbsp cornflour
- ¼ cup water for slurry
- Canola oil – as needed
- 2 cloves garlic, crushed
- 1 small onion, diced
- 2 medium carrots, diced
- 1 celery stalk, diced
- 3 medium potatoes, peeled and diced
- ½ cup peas, fresh or frozen
- 2 tsp salt reduced chicken stock powder
- 1 ½ cups water
- ½ tsp thyme
- 1 bay leaf
- Salt and pepper – to taste

Cheesy Garlic Bread:

- 6 dinner rolls
- ¾ cup cheddar cheese, grated
- 1 ½ tbsp canola oil
- 2 cloves garlic, crushed
- ½ tsp Italian herbs

DIRECTIONS

1. Put a large saucepan or stockpot over medium heat and add enough oil to lightly coat the bottom of the pan. Add the chicken in batches, cooking until lightly browned. Remove from pan and set aside.
2. Add the garlic, onion, carrot, celery and potato to the pan. Cook, stirring, for 5 to 10 minutes, until the vegetables begin to soften.
3. Return the browned chicken to the pan and add the stock powder, the larger amount of water, thyme, bay leaf, salt and pepper. Cover and bring the mixture to the boil. Simmer covered for 40 minutes.
4. Add the peas to the pot. Prepare the cornflour slurry by mixing the water and cornflour together, and slowly pour into the sauce, mixing well until the sauce starts to thicken. Simmer for another 5-10 minutes.
5. Once cooked, take the internal temperature of the casserole making sure it reaches 75°C.

To cook the garlic bread:

1. Pre heat oven to 180°C.
2. Place the rolls on a flat tray.
3. Add the rest of the ingredients into a bowl, except the cheese and mix well.
4. Brush the tops of the dinner rolls with the mixture & sprinkle with cheese
5. Place in oven for approx. 5-8 mins until melted and golden. Remove and keep warm until ready to serve.



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

