

Healthy Chicken Casserole

Serves 4

Ingredients: -

2 - Chicken portions, skinned

1 - onion peeled and sliced

3 rashers - lean back bacon, fat cut off, chopped

300ml/½ pint - chicken stock or chicken stock cube

12cm/5" - piece of cucumber, diced

30ml/2 tbsp - olive oil

black pepper

20ml/1½ tbsp - plain flour

15ml/1 tbsp - lemon juice

Method: -

Heat the olive and sunflower oil in frying pan and brown the skinned chicken both sides. Remove from the pan.

Cook sliced onion and chopped bacon in pan until lightly browned. Stir in the plain flour and cook for 1 minute then gradually stir in the stock.

Bring to the boil, stirring.

Season to taste and add pepper and lemon juice.



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Replace chicken into the pan, add the diced cucumber, cover and simmer for about 30 minutes.

Alternatively transfer to an oven proof casserole dish and cook in a preheated oven for 30/40 minutes at oven temperature 180°C/350°F/gas mark 4.

Adjust seasoning and serve.