

Chicken Divan

Fullest

January 25, 2023

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1 Intro

[1] Indian flavored broccoli casserole tbh. Delicious, moist, and creamy as hell. I made this recipe because I had a buttload of chicken to get rid of. I also wanted to try using the instant pot [2] for that part of this process. This recipe is also keto-friendly. I'd like to try this again sometime but with rice instead of broccoli and see how that tastes.

2 Ingredients List

- poached chicken [2]
- 2 florets of broccoli
- water
- 1 cup cream cheese
- 1 cup heavy (whipping) cream
- 1 cup sour cream
- 1 tbsp curry powder [3]
- 1 cube of chicken bouillon

3 Tools used

- Mixing bowl
- Spoon or whisk
- 9x13 baking tray
- Knife & cutting board
- Strainer
- Pot
- Wooden spoon
- (Optional) Spatula

4 Cooking Method

- **Preheat** oven to 375 F
- Add cream cheese to a mixing bowl
- **Ignore** on the counter for a half hour until softened
- Add in heavy cream and sour cream
- **Stir** until homogenous
- Add curry powder [3] and bouillon cube
- **Stir** again until well-combined
- **Set** sauce aside
- Boil some water in a pot
- Chop your broccoli florets
- Add broccoli florets to boiling water
- Boil for about 3 minutes
- **Strain** the broccoli
- Chop or Shred some poached chicken [2]
- Add the chicken and broccoli to the mixing bowl of sauce
- **Stir** until well-combined
- Pour everything into an ungreased 9x13 baking tray
- **Bake** for 35 minutes

5 Serving Method

Use a spatula to lift pieces and serve in bowls or plates

References

- [1] The Modern Proper. Low-carb chicken divan. <https://themodernproper.com/low-carb-chicken-divan>, 2019. Accessed: January 25, 2023.
- [2] Amy + Jacky. Instant pot chicken breast. <https://www.pressurecookrecipes.com/instant-pot-chicken-breast/>, 2021. Accessed: January 25, 2023.
- [3] Sarah. Simple homemade curry powder. <https://www.curiouscuisiniere.com/homemade-curry-powder/>, 2022. Accessed: January 25, 2023.