



Chicken and Mushrooms Casserole (OP W)

Serving: 1

Veg

Ingredients

- 1 Tsp. Extra virgin olive oil or butter
- 1 small onion, diced
- 2 garlic cloves, chopped
- 50 grams mushrooms , sliced
- 1 tsp. dried thyme
- 2 tbsp long-grain rice
- 2 cups chicken broth
- 100 grams skinless, boneless, chicken breast or thigh, cut into bite-size pieces
- 1/4 cup spinach or kale chopped
- 1 tbsp grated cheese (10 grams only)
- Salt and pepper to taste
- Plant based milk 2 tbsp

Preparation Method

- Melt the oil/butter in a large oven-safe skillet over medium heat. Add onions and cook stirring often until soft. Stir in garlic, mushrooms and thyme and cook until the mushrooms are lightly browned. About 3 minutes
- Add rice and coat with the onion mushroom mixture. Stir in chicken broth, chicken, lemon zest and season with salt and pepper. Cook over medium heat until most of the broth has evaporated. About 10-15 minutes. You don't want to be stirring the rice too much, maybe a couple of times
- Preheat oven to 400 F
- Remove skillet from the stove and stir in kale, plant based milk 2 tbsp and cheese. Sprinkle with remaining 1/4 cup of cheese
- Bake for 15 minutes. Serve immediately with fresh parsley