



# Chicken and Broccoli Bake

with melted cheese topping

Family 30-35 mins

4



Diced Chicken Breast



Broccoli



Rice



Grated Cheese



Paprika



Creme Fraiche



Chicken Stock



Pantry Items: Oil, Salt, Pepper, Water, Flour, Butter (Optional), Milk (Optional)



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Oven dish, pot with lid

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Broccoli	1 unit	1 unit
Rice	150 g	300 g
Grated Cheese	50 g	100 g
Paprika	1 sachet	2 sachets
Creme Fraiche	125 g	250 g
Chicken Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	420.5 g	100 g
Energy (kJ/kcal)	3280.3 kJ/ 798 kcal	780.1 kJ/ 186.4 kcal
Fat (g)	37.4 g	8.9 g
Sat. Fat (g)	22 g	5.2 g
Carbohydrate (g)	64 g	15.2 g
Sugars (g)	5.3 g	1.3 g
Protein (g)	47.6 g	11.3 g
Salt (g)	2.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

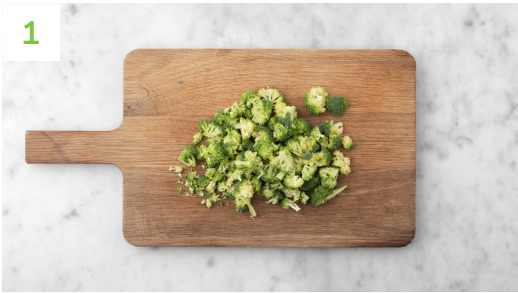
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



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## Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Add 300ml cold **salted water** (double for 4p) and **stock powder** to a medium pot with a lid.
- Add the **rice** and bring to the boil. Once boiling, lower heat to medium and cover.
- Cook for 10 mins, then remove from the heat (still covered) and leave aside until ready to serve.
- Chop the **broccoli** into 1cm pieces (or as small as you can get it).

**TIP:** Coarsely grate the broccoli if you prefer.



## Make the Bechamel

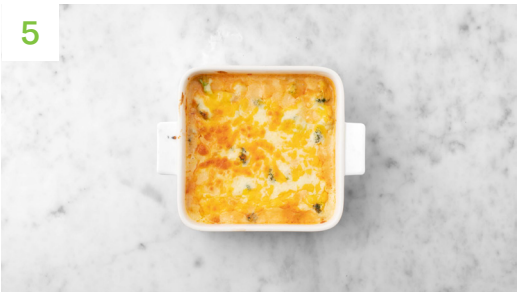
- Return the pan to medium-high heat with 2 tbsp **butter** or **oil** (double for 4p).
- When hot, stir in 3 tbsp **flour** (double for 4p) and cook, stirring until it forms a paste, 1-2 mins—you’ve made a roux!
- Gradually add 250ml **milk** or **water** (double for 4p).
- Bring to the boil, stir and simmer until thickened, 1-2 mins. Remove from the heat.
- Add the **creme fraiche** along with **half** the **cheese** and stir until melted. Taste and season with **salt** and **pepper**.



## Brown the Chicken

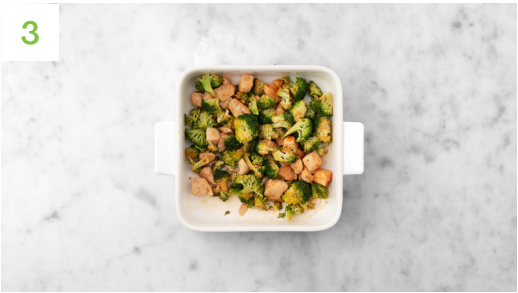
- While the **rice** cooks, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **diced chicken breast** and season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Fry until golden brown on the outside, 3-4 mins.

**TIP:** Notice a stronger smell from your chicken? Don’t worry, this is normal due to vacuum packing we use to keep it fresh. It will still be delicious once cooked!



## Bake the Chicken

- Pour the bechamel sauce over the **chicken** and **broccoli**.
- Sprinkle with the remaining **cheese**.
- Bake in the oven until the **cheese** has melted and the sauce is bubbling, 10-15 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Leave to rest for 5 mins before serving.



## Fry the Broccoli

- Add the chopped **broccoli** to the pan along with another drizzle of **oil** (if necessary).
- Fry until softened, stirring frequently, 3-4 mins.
- Add the **paprika** and cook for 1 min more.
- Transfer the **broccoli** and **chicken** to an appropriately-sized oven dish and wipe the pan clean.



## Serve Hot

- Fluff up the **rice** with a fork and divide between plates.
- Dish up a hearty helping of cheesy **chicken** and **broccoli** bake.

## Enjoy!