



Chicken and Cannellini Bean Cassoulet

with Greek style cheese and fluffy rice

Family Quick Cook 25-30 mins

6



Diced Chicken Breast



Chopped Tomato with Onion & Garlic



Dried Thyme



Rocket



Rice



Paprika



Cannellini Beans



Greek Style Cheese



Pantry Items: Oil, Salt, Pepper, Sugar, Water

Before you start

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

Cooking tools you will need

Large Pot, Lid, Sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Dried Thyme	1 sachet	2 sachets
Rocket	40 g	80 g
Rice	150 g	300 g
Paprika	1 sachet	2 sachets
Cannellini Beans	1 pack	2 packs
Greek Style Cheese	100 g	200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	666 g	100 g
Energy (kJ/kcal)	3633.4 kJ/ 868.4 kcal	545.6 kJ/ 130.4 kcal
Fat (g)	27.8 g	4.2 g
Sat. Fat (g)	13 g	1.9 g
Carbohydrate (g)	92.2 g	13.8 g
Sugars (g)	11.1 g	1.7 g
Protein (g)	51.7 g	7.8 g
Salt (g)	5.6 g	0.8 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

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Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- When boiling, add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **diced chicken** and season with **salt** and **pepper**.
- Sear until golden brown on the outside, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Drain and rinse the **cannellini beans** in a sieve.



Start the Stew

- Add the **chopped tomatoes**, **paprika** and **thyme** to the pan. Simmer for 5-7 mins, until the sauce has reduced.
- Add 100ml **water** (double for 4p) and **cannellini beans**.
- Cook for an additional 4-5 mins.
- Season to taste with **salt**, **pepper** and **sugar**. Add a splash of **water** to loosen the sauce if required.



Dish Up

- Toss the **salad leaves** with **salt**, **pepper** and a drizzle of **oil**.
- Spoon fluffy **rice** into bowls and top with the stew. Serve salad alongside.
- Crumble **cheese** over both salad and stew.
- Finish all with a drizzle of **oil** and **pepper**.

Enjoy!