



Baked Chicken and Mixed Vegetable Casserole

Overview

Difficulty: Easy

Servings: 4 - 6

Preparation Time: 30 mins

Cooking Time: 40 mins

Ingredients

30ml Cooking Oil

1 Lemon

2 Stalks Fresh Thyme

2 Stalks Rosemary

4 Pieces Fresh Chicken Breasts (Deskinned)

30g Shallots

50g Garlic

50g White Onions

80g Green Zucchini

80g Yellow Zucchini

90g Butter

100g Celery

100g Parsnips

100g Pumpkin

150g Carrots

200g Cherry Tomatoes

To Garnish Parsley (Chopped)

To Taste Fresh Cracked Black Pepper

To Taste Salt

1. Methods

Step 1

Peel and cut carrots, celery and parsnip into small pieces.



Step 2

Cut yellow and green zucchini into small cubes and cherry tomatoes into halves.



Step 3

Deseed, peel and cut pumpkin into small cubes.



Step 4

Season chicken breasts well with pepper and salt. Set aside.



Step 5

Blend white onions, garlic and shallots with a handblender.



Step 6

Cook chicken breasts with cooking oil, butter, thyme and rosemary stalks in a nonstick pan. Once they turn slightly brown, flip them over to the other side and baste with fats. Once both sides are brown, remove them from the pan and set aside.



Step 7

In the same pan, fry blended onions, shallots and garlic until they are fragrant.



Step 8

Preheat oven to 200°C using the Top and Bottom Heat mode.



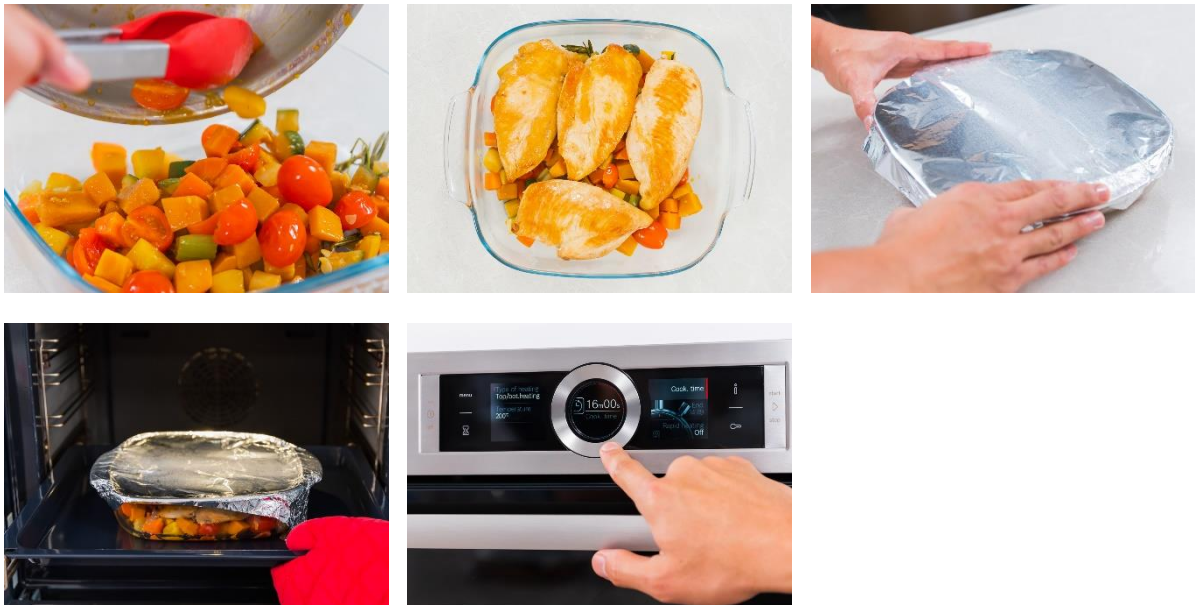
Step 9

Add in parsnips, carrots, celery, pumpkin, yellow zucchini, green zucchini and cherry tomatoes and stir-fry for another 3 minutes.



Step 10

Transfer the fried vegetables into a casserole dish and place chicken pieces on top of them. Wrap the dish with aluminum foil and bake it in the oven for about 16 minutes.



Step 11

Drizzle with lemon juice and garnish with chopped parsley.

