

Mum's Chicken and Vegetable Casserole



Serves	4-6
Prep time	30 minutes
Cook time	2 minutes
Total time	32 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Moderate Chemical
Meal type	Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot
By author	My Mum

Ingredients

- 2 Large garlic cloves (peeled and chopped)
- 2 Medium leeks (finely chopped)
- 2 sticks celery (finely chopped)
- Skinless chicken breast fillets
- 2 tablespoons plain white flour
- Sunflower oil
- Carrots (chopped)
- Sweet potato (peeled and chopped)
- Green beans (chopped)
- Salt

Optional

- Frozen peas

Directions

1. Preheat the oven to 180°C.
2. Brown the garlic, leek and celery in a frying pan with a little bit of oil. Transfer to a casserole dish.
3. Rinse the frying pan with some water and tip the water into the casserole dish.
4. Cut the chicken into chunks and coat in flour in a plastic bag.
5. Brown the chicken in the frying pan with a bit more oil. until crispy.
6. Rinse the frying pan again with some water and tip the water into the casserole dish.
7. Place the vegetables into the casserole dish and season with salt.
8. Bake in the oven with the lid on for 2 hours. (Thawing the peas beforehand will reduce the cooking time by about 30 minutes.)

Note

Amines, Moderate Salicylates, Low/Moderate Glutamates

Browning meat and cooking for long periods of time increases the level of amines. If Amines aren't tolerated cook this casserole uncovered on the stove top without browning the meat first.

Peas are moderate in glutamates.

Adjust the quantities of chicken and vegetables to suit your needs.