

Chilli Chicken Casserole



Ingredients

Serves 4

1tsp oil

1 onion, diced

3 garlic cloves, chopped or pressed

4 chicken breasts, diced into cubes

spice mix (2Tsp Chilli Flakes, 2Tsp Chilli Powder, 2Tsp Paprika, 1Tsp Cumin, 2Tsp Mixed Herbs)

1 chilli, de-seeded and finely chopped

2 tins chopped tomatoes

3 tomatoes, quartered

1 handful of mushrooms, cut into quarters or large cubes if field mushrooms

2 peppers, deseeded and sliced

Cheese, grated or sliced Mozzarella

280g Uncooked Rice

Method

1. Over a medium heat soften the onions and the garlic in 1 tsp of oil.
2. Add the chicken and cook until sealed – *sealing the meat means cooking until lightly golden, which enhances the flavour and texture of the meat.*
3. Add the spice mix and chopped de-seeded chillies.
4. Immediately add the 2 tins of chopped tomatoes and bring to a simmer – *this means the food is bubbling gently.*
5. Add the peppers, chopped mushrooms, and fresh tomatoes.
6. Reduce the temperature and simmer for about 20 minutes.
7. Taste and add more seasoning or spice as required.
8. Remove from heat and pour into a large oven proof dish.
9. Cover with grated cheese or mozzarella and bake when needed for about 15-18 minutes until the cheese melts.
10. Serve with pasta or rice.