



CHICKEN CASSEROLE

INGREDIENTS

Serves 2

- 1 onion, peeled and chopped
- 1 small leek, washed and sliced
- 2 carrots, peeled and diced
- ¼ swede, peeled and chopped
- 1 tbsp oil
- 1 chicken portion, about 220g total weight, cut into 2 sections
- 60g red lentils
- 250ml chicken stock
- 150ml apple juice
- 1 tsp cornflour
- 1 tsp wholegrain mustard
- 2 tbsp chopped fresh tarragon
- Salt and ground black pepper
- Fresh tarragon sprigs to garnish

METHOD

1. Heat the oil in a large pan. Season the chicken portions with salt and pepper and brown them in the hot oil until golden. Remove and drain on kitchen paper.
2. Add the onions to the pan, with some more oil if required and cook for 5 minutes, stirring, until soft.
3. Add the leeks, carrots, swede and lentils and stir over a medium heat for 2 minutes
4. Return the chicken to the pan, then add the stock. Mix cornflour and mustard into the apple juice and add to the pan.
5. Bring to the boil, add the chopped tarragon and cover tightly. Turn the heat down and allow to simmer for 30 minutes, or until the chicken is tender.