

Chicken Casserole with Thyme & Orange



Serves 4

Prep 30mins

Cook 1 hour

Ingredients

2 tsp oil
4 chicken thighs
4 chicken drumsticks
1 onion, large, peeled and chopped
1 tbsp plain flour
300ml (1/2 pint) chicken stock
1 orange, grated zest and juice
1/2 tsp dried thyme or a few fresh sprigs
Seasoning

1. Heat the oven to 180C/Fan 160/Gas 4.
2. Heat the oil in a frying pan over a medium heat. Add the chicken pieces and onion and fry for about 8 mins until lightly browned.
3. Stir in the flour and add the stock, orange zest and juice and some seasoning. Spoon into a casserole dish, cover and cook in the oven for 1 h.
4. To serve now: spoon portions onto warmed plates, and serve with mash and baby carrots.
5. To Freeze: allow the casserole to cool completely. Spoon portions into dishes. Seal and label before freezing. Use within 4 months.
6. To serve from the freezer: Take out as many portions as required and transfer to a dish. Defrost overnight in the fridge. Pour into a saucepan, cover and reheat, stirring until piping hot.