

Easy One-Pot Chicken casserole



Easy

Low Fat

Low Cal

Freezable

Serves 4

Prep 5 mins

Cook 50 mins

Low sugar

Ingredients

- 8 chicken thighs, skin pulled off and discarded
- 1 tbsp sunflower or vegetable oil
- 5 spring onions, sliced, white and green parts kept separate
- 2 tbsp plain flour
- 2 chicken stock cubes
- 2 large carrots, cut into batons
- 400g/14 oz new potatoes, halved if large
- 200g/7 oz frozen peas
- 1 tbsp tarragon
- 2 tbsp parsley finely chopped

1. Put the kettle on. Fry thighs in the oil in a flameproof casserole dish or wide pan with a lid to quickly brown. Stir in the whites of the spring onion with the flour, crumble in the stock cubes and stir for 1-2 mins. Gradually stir in 750 ml hot water from the kettle. Throw in the carrots and potatoes, bring to a simmer. Cover and cook for 20 mins.
2. Take off the lid and simmer for 15 min more. If you have prepared ahead, leave lid on and simmer for 20-25mins, then throw in the peas and the green spring onion bits and cook for another 5 mins. Stir in the herbs, season if necessary and serve.