

# Autumn Chicken Casserole

Serves 4



Nutritional information per 418g portion :

calories	fat	saturates	sugars	salt
320 cal	17.3 g	4.6g	14.8%	1.2g
16%	24%	23%	16%	16%

This is a homely, nourishing, hearty meal made from a variety of everyday Autumn vegetables. The chunky vegetables, tender chicken and smooth pearly barley will make every mouthful a healthy and delicious one!

## Equipment

- Large Bowl
- Vegetable peeler
- Sharp Knife
- Cutting board
- Plate
- Scissors
- Small cup
- Small bowl
- Kitchen Scale
- Measuring jug
- Kettle
- Measuring spoons
- Foil Container or serving dish
- Wooden spoon
- Ladle
- Electric skillet / pan on hob OR
- Oven with casserole dish

## Ingredients

- 1tsp vegetable oil
- 1 onion cut into 6 wedges
- 1 leek, about 100 g thickly sliced
- 1 stalk celery, cut into chunks
- 2 garlic clove, finely chopped
- 2 carrot, cut into chunks
- 2 parsnip, cut into chunks
- 8 chicken thighs
- 100g Green Beans
- 100g Peas
- 1 can chopped tomatoes
- 300ml chicken stock
- 100 g pearl barley
- 1 tsp dried sage or 1 fresh sage leaf
- 1 tsp chopped fresh thyme and rosemary
- 1 tsp chopped parsley

## Nutrients

Vegetables are great source of Vitamins, minerals and dietary fibre. We should aim to eat at least 5 portions of fruit and vegetable a day – if we can eat more veg, the better. A portion is roughly the size of your palm.





Onions, leeks and garlic boost our immune system and are anti-inflammatory.

Carrots have lots of Vitamin A which help us see better at night.  
Parsnips and Turnips are a good source of Vitamin C which helps our bodies fight off viruses.

Barley is a nutritional powerhouse and contains many vitamins and minerals. It was used to nourish people after illnesses.

## Method

1. Wash all the vegetables well.
2. Top and tail the onions and cut them into 6 wedges using the bridge cutting method.
3. Top and tail the leeks and celery and cut them into thick slices using the claw method.
4. Peel the garlic and chop finely.
5. Peel the carrot and parsnip, then cut into chunks.
6. Cut the green beans into inch long chunks.
7. Heat up the pan to medium heat.
8. Add the oil into the pan.
9. Put the onions, leeks, celery and garlic into the pan and gently cook for a minute.
10. Add the carrots, parsnips and cook for a further minute with the lid on.
11. Add the chicken thighs to brown.
12. Add the can of chopped tomato and stir into pan of ingredients.
13. Make up the chicken stock by dissolving the vegetable stock cube in 300ml hot water.
14. Add the hot chicken stock and bring to ingredients to boil.
15. Add the barley and herbs. Stir to mix the ingredients together and bring ingredients to boil again.
16. Then cover, lower heat and simmer for 20 minutes, stirring occasionally, until the vegetables are soft and the barley is tender. Ensure there is enough liquid, if not add more water.
17. Add the beans and peas and cook for a further 5 minutes.
18. Serve into bowls or foil containers.
19. Sprinkle with the parsley. Serve with thick slices of farmhouse bread or flatbread as an excellent accompaniment.

Carbohydrates - Gives us energy	Protein - Builds our bodies	Good Fats in small quantities - Keeps our bodies working	Fibre - Sweeps our tummies
			
Barley	Chicken Thighs	Vegetable Oil	Vegetables
Presence of 14 main Allergens: Gluten in Barley ; Celery Presence of allergens can vary by brand – always check product labels.			

**Next time try ...** Using other vegetables such as butternut, courgette, swede or sweet potato or any other vegetables you might have. The casserole can be cooked in an oven proof casserole dish instead of on a hob. Place all the ingredients into the casserole dish and cook in a preheated oven of 180 C for 1 hour.

**Skills learnt today:**  
 Cutting vegetables using claw and bridge methods ; sautéing vegetables ; browning chicken ; chopping herbs ; stirring ; simmering.

