

Chicken casserole and jacket potatoes

Ingredients for 4 portions

fruit

4 baking potatoes

8 chicken thighs

1 large or 2 small Onions

1 large leek

2 carrots

100g mushrooms

25g plain flour or cornflour

2 chicken oxo cubes

Bouquet garni (or mixed herbs)

Sunflower fry light

Salt and pepper to taste

Method

1. Preheat the oven. Gas no 6, 180c fan or 2000c
2. Wash and prick the potatoes. Bake for approx. 1 hr 30 mins.
3. Spray a large pan with fry light and gently fry the onions until browned and softened
4. Add the chicken and fry gently until browned turning regularly.
5. Wash and slice the leeks, peel and slice the carrots, slice mushrooms.
6. Make up the stock. Thicken with the flour or cornflour. Add stock, vegetables, herbs and seasoning.
7. Once boiling turn down to simmer, cover and cook for approx. 45 minutes until chicken is tender and veg are cooked.

BE SURE TO USE SEPARATE UTENSILS WHEN PREPARING THE VEGETARIAN OPTION

Mixed bean bake

Ingredients for 4 portions

fruit

- 4 baking potatoes
- 100g mushrooms
- 1 large leek
- 1 Tin of chopped tomatoes, 1 tablespoon tomato puree
- 1 tin kidney beans, drained
- 1 tin butter beans, drained
- 2 Cloves of garlic
- Fresh parsley
- 100g grated vegan cheese substitute
- 500ml alpro soya milk
- 50g plain flour
- 50 g vitalite spread
- Sunflower fry light
- Salt and pepper to taste

Method

1. Preheat the oven. Gas no 6, 180c fan or 2000c
2. Wash and prick the potatoes. Bake for approx. 1 hr 30 mins.
3. Wash and slice the leeks and mushrooms. Crush the garlic
4. Spray a large pan with fry light and gently fry the leek until they have softened but still retain their shape. Remove from pan.
5. In the same pan fry the mushrooms and garlic, add the tomatoes and tomato puree and season
6. Drain the beans and add to the mixture. Chop the parsley and stir into the mix
7. Make a cheese sauce using the flour, spread, milk and cheese (save a little cheese for the top). Season to taste

8. Divide the bean mixture into containers, put the leeks on top. Pour the cheese sauce over, sprinkle the cheese on top and bake until the top is golden brown