

Chicken, Bean & Broccoli Bake

🍷 2 servings

574 Kcal / serving

52g Protein 18g Fat 46g Carbs

Ingredients

- 2 (300g) - **Skinless chicken breast fillets**
- 1 (150g) - **Onion**
- 1 - **Garlic clove**
- 1 small (200g) - **Head of broccoli**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 250ml - **Low fat milk (1.5% fat)**
- 1 teaspoon (5g) - **Cornflour**
- 4 teaspoons (20g) - **Water**
- 400g - **Tin cannellini beans, drained and rinsed**
- 1 - **Slice of wholegrain bread**
- 1 tablespoon (15g) - **Sesame seeds**
- **Freshly ground black pepper**



The Method

Preheat the oven to 180°C, (350°F), gas mark 4. Cut the chicken into chunks on a chopping board. On a clean board peel and dice the onion. Peel and crush the garlic.

Break the broccoli into small florets and blanch in a pan of boiling water over a high heat for 1-2 minutes until just tender but still with a little bite. Drain into a colander and set aside until needed.

Place a non-stick frying pan on a medium heat. Add the oil and sauté the chicken for 2-3 minutes until sealed and lightly golden.

Add the onion and garlic to the chicken and continue to sauté for 2-3 minutes. Season with pepper. Pour in the milk and bring to a simmer.

Meanwhile, mix the cornflour with the water and stir into the chicken mixture. Simmer for another minute or two, stirring until thickened.

Fold the cannellini beans and broccoli into the chicken mixture and then transfer to an ovenproof dish. Blitz the bread into crumbs and then sprinkle over the bake with the sesame seeds. Bake in the oven for 15-20 minutes until bubbling and lightly golden. Test with a small knife to ensure the chicken is cooked through.

Divide the chicken, bean and broccoli bake into portions and spoon into bowl. Season with pepper to serve.

🌱 Suitable for vegetarians if a plant-based alternative is used instead of chicken