



Presents

Frances'
Kitchen

Chicken Casserole

Here's a list of ingredients that you'll need to make your casserole. Cook along with Frances' film to make a tasty & healthy meal for all the family.

Ingredients:

1kg chicken – thighs and breast
2 tsp oil
1 onion
2 cloves garlic
2 sticks celery chopped
2 carrots in chunks (8g carbs/100g)
2 chopped leeks
Frozen peas (9g/100g)
600ml chicken stock
15g flour (10g carbs)

Method:

- Fry off chicken pieces until brown for 10 minutes
- Put in slow cooker with all veg
- Mix flour with a little stock to make a thick paste and add in with rest of stock
- Cook on high for 3 hours or low for 6-8hours
- Serve with new potatoes or sweet potato wedges – both lower GI than mashed or jacket potato

Happy cooking :)

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