

Cheesy Chicken & Broccoli Bake

Comfort food in one dish. Feeds four, or two with lunch sorted for tomorrow.

Serves 4

Prep 10 min

Cook 30 min

5g

CARBS
PER SERVING

Chicken, broccoli and the cheese sauce. A whole meal on its own.

You'll need

- ☐ 600g boneless chicken thighs, cut into bite-size pieces
- ☐ 1 tbsp olive oil
- ☐ 300g broccoli, cut into small florets
- ☐ 2 garlic cloves, chopped small
- ☐ 150ml double cream
- ☐ 100g full-fat cream cheese
- ☐ 100g mature cheddar, grated
- ☐ Salt and pepper, to taste

Method

- 1 Turn the oven on to 200°C (180°C fan, gas 6).
- 2 Heat the oil in a frying pan on a medium-high heat. Season the chicken and fry it for 6 to 8 minutes, turning, until browned all over. It finishes cooking in the oven.
- 3 Put the broccoli in an ovenproof dish and tip the chicken on top.
- 4 Turn the pan down to low. Add the garlic for 1 minute, then the cream and cream cheese. Stir until smooth and bubbling.
- 5 Pour the sauce over the chicken and broccoli and scatter the cheddar on top.
- 6 Bake for 20 minutes until golden and bubbling.
- 7 Cut into the biggest piece of chicken to check it's cooked through (see Food safety below).

TIP

Cut the broccoli small so it cooks in the same time as the chicken.

SWAPS

- Cauliflower instead of broccoli, or half and half.
- Leftover cooked chicken works too. Skip step 2 and bake until it's steaming hot all the way through.

STORING IT

Cool, cover and keep in the fridge for up to 2 days. Reheat until steaming hot all the way through, and only reheat once.

AIR FRYER

Use an ovenproof dish that fits in the basket. Do steps 2 to 5, then cook at 180°C for 12 to 15 minutes until golden and bubbling. Check the chicken is cooked through, as in the last step

FOOD SAFETY

Chicken must be cooked all the way through. Cut into the thickest piece: it should be steaming hot, with no pink meat, and the juices should run clear. With a food thermometer, the middle should reach 75°C. Use a separate board (red) and wash your hands after touching raw chicken.