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Recipe © Rosemary Conley Enterprises

## CHICKEN WINTER CASSEROLE

Chicken Winter Casserole is an all-in-one casserole combines chicken and vegetables in a rich tomato sauce. Fresh herbs give the sauce a real taste of Provence.

Serves 4

Per serving 235 kcal/8.6g fat

Preparation time 20 minutes

Cooking time 45 minutes

## INGREDIENTS

1 medium onion, finely chopped  
4 large skinless chicken breasts  
2 garlic cloves, crushed  
150ml (1/4 pint) chicken stock  
1 tbsp plain flour  
3 tbsps red wine  
1 x 400g can chopped tomatoes  
1 tbsp chopped fresh mixed herbs  
115g (4oz) button mushrooms  
115g (4oz) swede, peeled and diced  
freshly ground black pepper  
1 tbsp chopped fresh parsley

## METHOD

1. Preheat the oven to 190°C, 375°F, Gas Mark 5.
2. Dry-fry the onion in a non-stick frying pan until soft.
3. Season the chicken on both sides and add to the pan, lightly browning on each side.
4. Remove the chicken and place in an ovenproof dish.
5. Add the garlic and 2 tbsps of stock to the onion and stir in the flour. 'Cook out' for 1 minute, then add the remaining stock, wine and tomatoes. Stir in the mixed herbs, mushrooms and swede, and bring to the boil. Pour over the chicken and cover with aluminium foil.
6. Place in the centre of the oven for 30 - 35 minutes. Just before serving, sprinkle with chopped fresh parsley.



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