

Creamy Chicken Casserole

Ingredients

2 cuillères à soupe Vegetable oil-butter spread, reduced calorie

16 Smalls Onions, raw

1 kilograms Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised

27 grammes Wheat flour, white, all-purpose, unenriched

1 cups Water, bottled, generic

1/21 cups Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

1/20 cuillères à soupe Spices, mustard seed, ground

1/20 cuillères à soupe Oil, mustard

250 grammes Carrots, raw

1 cups Leeks, (bulb and lower leaf-portion), raw

1 cuillères à soupe Parsley, fresh

2 cubes MAGGI® Cube de bouillon de poulet

Instructions

1. Heat oil in a large non-stick large pot and fry onions for 3 minutes or until they become golden in color. Add chicken and sauté with turning occasionally for 7-8 minutes or until they become golden in color.
2. Add flour to the frying pan, stir and add MAGGI Chicken cubes, water, milk, mustard and carrots. Bring to boil with constant stirring.
3. Simmer on low heat for 20-25 minutes then add leeks and simmer for another 5 minutes or until chicken becomes tender.
4. Garnish with chopped parsley and serve with boiled potatoes.

Nutrients

Les glucides	37.18
Énergie	510
Les graisses	17.81
Protéine	52.49

50 Minutes

5 Servings