

CHICKEN POTATO BAKE



INGREDIENTS:

- **oil spray**
- **1 tsp oil**
- **2 leeks, finely sliced**
- **2 cloves garlic, minced**
- **500g lean chicken mince**
- **2/3 cup frozen peas, defrosted**
- **2/3 cup fresh parsley, chopped**
- **2 tbsp fresh thyme leaves**
- **2 tbsp plain flour**
- **2/3 cup low-fat milk**
- **1/2 cup chicken stock**
- **3-4 potatoes, washed, skin on, sliced**
- **salt and pepper**

METHOD:

Heat oven to 200°C and spray a large casserole dish lightly with oil. Heat oil in frying pan on medium and add leeks and garlic with a pinch of salt. Reduce heat and cook on low until leeks are tender; if they get a little dry, add a little water or chicken stock.

Remove from pan and set aside. Using the same pan, spray with a little oil and add chicken. Brown chicken for 5 minutes, breaking up as you go. Add leeks, peas, parsley, thyme and stir through flour. Add milk and stock and bring to the boil.

Remove from heat and season well with salt and pepper. Layer casserole dish with potatoes. Add a layer of chicken mixture and top with another layer of potatoes. Repeat process, finishing with a layer of potatoes. Spray lightly with oil, cover with foil and bake for 60 minutes. Remove foil and continue to bake for a further 20 minutes. Serve with vegetables or a green salad

This recipe is 1192.8kj (284cal) | 6.6g total fat (1.9g saturated fat).