

**GF Friendly**

## Chicken and Tomato Casserole

### Sliced chicken in a fruity tomato and herb sauce

Similar to chicken casserole (recipe R131) there are no potatoes and less vegetables. You can include whatever you like; but I suggest keeping the tomatoes and basil for a pleasant herb and fruity tang.

300g chicken breast fillet  
1 small onion  
3 medium tomatoes  
1 carrot  
1 celery stick  
1 tsp paprika  
2 Tbsps chopped fresh basil  
1 Tbsp chicken stock powder  
1 Tbsp gravy powder  
50ml white wine  
100ml water



Remove any fat from the chicken and slice thinly across the breast. Thinly slice the onion, carrot, celery and tomatoes.

In a bowl, mix the stock powder, gravy powder and paprika with a little water before adding the rest of the water and the white wine.

Pour enough stock to just cover the bottom of a casserole. Arrange the carrot on this, then the celery. Layer **half** of the chicken slices on the vegetables, spread the sliced onion on the chicken and top with **half** of the sliced tomatoes; then sprinkle on **half** of the chopped basil. Repeat with the remaining chicken, and tomato in that order. Give the stock a good stir then pour on carefully. Finally, sprinkle on the rest of the basil.

If you decide to top with potatoes, slice and parboil first and give them a brush of melted butter. Cover the casserole and bake in the oven on 162°C fan forced (180°C conventional) for 50 minutes. If using the sliced potatoes, remove the cover and bake a further 10 minutes to brown.

Serves 4 with extra vegetables

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