



CHICKEN AND BROCCOLI BAKE

HEAT LEVEL 

Indulge in our Chicken and Broccoli Bake - a comforting blend of tender chicken and crisp broccoli baked to perfection for a delicious and satisfying meal.

1 Hour

4 Servings

INGREDIENTS

30ml (2 Tbsp) cooking oil
1 medium onion, coarsely chopped
4 chicken fillets, (about 500g), cut into strips
About 400g broccoli florets
15ml (1 Tbsp) chopped fresh parsley or 5ml (1 tsp) dried
3ml (1/2 tsp) Classic Biltong Spice
Freshly ground black pepper to taste
80ml (1/3 cup) Spur Sweet Chilli Dressing or Spur Salad & French Fry Dressing
200ml (1 sachet) Spur Mushroom Sauce
200ml (3/4 cup) grated Cheddar cheese
15ml (1 Tbsp) dried bread crumbs

METHOD

- 1 Heat oil in a large saucepan. Add onion and saute for about 2 minutes until slightly soft.
- 2 Add chicken strips and fry lightly until cooked and chicken starts browning.
- 3 Add broccoli florets, heat through until slightly softened.
- 4 Add parsley, seasonings, Spur Sweet Chilli Dressing and Spur Mushroom Sauce and simmer for a few minutes. Spoon into an ovenproof dish.
- 5 Sprinkle cheese and bread crumbs on top. Bake in a preheated oven at 180°C for about 45 minutes or until it starts turning golden brown.

VARIATIONS

- 1 Substitute half of the broccoli with cauliflower.
- 2 Substitute the broccoli with mushrooms or any other vegetables of choice, such as peas or chopped carrots.

