

# Better Choices

EASE BACK INTO THE SCHOOL YEAR WITH THIS HEALTHY RECIPE FROM CLAUDINE



## CHICKEN AND VEG CRUMBLE

This is a super quick dinner to make on a Monday if you have had a roast chicken dinner on Sunday and have leftovers to use up, a great way of minimising our food waste also. I've made the recipe with mostly cooked foods but if making it from scratch just cook veg or chicken as normal.



### Ingredients

- 200g cooked chicken shredded
- 200g cooked veg – carrots, peas, sweetcorn, parsnip, sweet potato etc – any combination
- Drizzle olive oil
- 1 half onion diced
- 2 x rashers of bacon diced
- 25g butter
- 25g plain flour
- 150ml boiling water
- 1 x chicken stock cube
- 150ml milk
- Salt and pepper

### For the topping

- 50g fresh breadcrumbs
- 25g melted butter
- Salt and pepper
- Some chopped parsley (if you have it)

### Grown Up Secret

This could be 150ml of left over gravy

### Method

1. Place chicken and cooked veg in a suitable ovenproof pie dish.
2. Heat oil in a pot on a medium to high heat, add butter and when melted add diced onion and bacon, cook until onion is just soft.
3. Add flour and cook for one minute until all the moisture has been soaked up by the flour and it looks quite dry.
4. Dissolve the stock cube in the boiling water and then add the milk.
5. Add the milk and stock mix to the pot stirring until smooth and season with salt and pepper.
6. Bring the sauce to the boil and stir until thickens.
7. Pour the sauce over the chicken and veg and leave to cool slightly.
8. To make the crumble topping mix the melted butter into the breadcrumbs until all absorbed.
9. Season with salt and pepper and parsley if you have it.
10. Sprinkle the breadcrumbs on top of the chicken mix.
11. Bake in a 180°C oven for 25 to 30 minutes.