FRESH for KiDS

CREAMY BROCCOLI, MUSHROOM & CHICKEN BAKE

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Preparation 20 mins | Cooking 50 mins | Serves 4

500g broccoli, cut into small florets and stalks finely chopped
6 (about 1kg) free-range chicken thigh fillets, trimmed
150g button mushrooms, sliced
2 green onions (shallots), trimmed and thinly sliced
75g butter, chopped (check)
⅓ cup plain flour
2 cups milk (not skim)
1 cup reduced salt chicken stock
1½ cups grated cheddar cheese
1 cup fresh coarse torn breadcrumbs

STEP 1 Bring a medium saucepan of water to the boil over high heat. Add broccoli and cook for 1 minute until vibrant. Drain, refresh broccoli in cold water and set aside to dry.

STEP 2 Preheat oven to 180°C/160°C fan-forced. Arrange broccoli, chicken, mushrooms and green onions in a large (about 8-10 cup) greased baking pan. Set aside.

STEP 3 Dry the saucepan used for the broccoli. Add butter to pan and heat over medium-low heat until bubbling. Add garlic and cook for 30 seconds. Add flour and using a small whisk, stir constantly for 2 minutes until frothy. Decrease heat to low, and gradually whisk in milk and stock. Cook, stirring, for 4-5 minutes until sauce boils and thickens. Stir in 1 cup cheese. Season to taste.

STEP 4 Pour cheese sauce over broccoli mixture. Scatter over breadcrumbs and remaining ½ cup cheese. Bake for 35-40 minutes or until chicken is just cooked through and sauce is bubbling and serve.