

Organic Chicken Casserole

One of the nations favorite recipes, using wholesome ingredients to deliver a delicious midweek treat.

Serves: 4

Prepare: 15 Minutes Cook: 45 Minutes Difficulty: easy

Ingredients

- 2 tbsps. of olive oil
- 4-6 organic chicken thighs, with skin on
- 100g <u>organic bacon lardons</u> or chopped organic bacon
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 2 small potatoes, white or sweet, peeled and cut into cubes
- · 2 carrots, cut into small chunks
- · 2 celery sticks, thickly sliced
- 2 leeks_cut into chunks
- 600 ml organic chicken bone broth
- · 3 sprigs of thyme
- 1 level tbsp plain flour

Method

- Heat the olive oil in a large heavy-based over-proof pan or flameproof casserole dish, over a medium to high heat, add the organic chicken thighs, skin side down and fry until the skin becomes crispy and golden brown in colour. If you are using a small pan you will need to fry the chicken thighs in batches. Remove the browned chicken thighs from the pan and set aside. Preheat the oven to 200c (180c fan oven), gas mark 6
- 2. Drain any excess fat from the pan and add the organic bacon lardons or chopped organic bacon, chopped onion, crushed garlic, celery, carrots, leeks and potatoes and cook for about 5-10 minutes. Stir in the flour, cook for a further 2 minutes then pour in the organic chicken bone broth. Season well with salt and pepper, return the browned chicken thighs to the pan. Add the sprigs of thyme, cover the pan and bring the chicken casserole to the boil
- 3. Transfer the pan or casserole dish to the oven and cook for 25-30 mins, until the sauce has thickened, and the chicken thighs are cooked through. To check the chicken thighs are cooked, remove a thigh from the casserole and cut into it with a sharp knife
- Serve your organic chicken casserole with fresh green vegetables or some crusty bread and creamy organic butter