

CHICKEN AND BROCCOLI BAKE

Recipe by Tom Kitchin



 Serves 4

Ingredients

4 free range chicken breasts
1 onion, cut into quarters
1 carrot, sliced
1 head of broccoli, cut into florettes
1 bouquet garni
25g butter
25g flour
1 tbsp curry powder
1 tsp cumin
250g breadcrumbs
Juice of half a lemon
1 tbsp crème fraîche
100g grated cheddar cheese
5 pepper corns
Chicken stock

- 1 Preheat the oven to 180°.
- 2 Place a pan of water to boil. Add the carrots, onions, bouquet garni, peppercorns and salt. Cook this for 10–12 minutes. Then add the chicken breast and poach gently for 10–12 minutes until cooked. Now remove and set aside.
- 3 Now remove the other vegetables and place with the chicken, keeping the chicken stock for the sauce.
- 4 Boil another pan of salted water and blanch the broccoli for 3–4 minutes before removing and set aside.
- 5 Meanwhile, heat a heavy bottomed pan, add the butter and stir in the flour and cook for 1–2 minutes. Now add the cumin and curry powder and cook for another 2 minutes. Slowly add a pint of chicken stock and bring to the boil, cook this out for a further 4 minutes. Remove from the heat, season with salt and pepper, and mix in the cheese, crème fraîche and a squeeze of lemon.
- 6 Now butter an ovenproof dish and spread out the blanched vegetables. Cut the chicken in to strips and place evenly over the vegetables before covering with the sauce. Sprinkle with bread crumbs and place in the oven for 30 minutes.

