



# CHICKEN AND RICE CASSEROLE

## Ingredients:

- 4 chicken breasts, diced
- 300g rice
- 1 litre of chicken stock (use a stock cube and water)
- Mixed vegetables (e.g. carrots, peas), chopped
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- Dried herbs (like thyme, parsley)
- Olive oil
- Salt and pepper to taste

## Instructions:

1. **Preheat Oven:** Preheat your oven to 180°C.
2. **Cook Chicken:** In a pan, heat olive oil. Add onion and garlic, sauté until soft. Add diced chicken, cook until browned.
3. **Combine Ingredients:** In a baking dish, combine the cooked chicken, uncooked rice, chopped vegetables, and chicken stock. Add herbs, salt, and pepper.
4. **Bake:** Cover with foil and bake in the oven for 30-40 minutes, or until the rice is cooked and the liquid is absorbed.
5. **Serve:** Fluff the rice with a fork and serve.