Chicken Rice Casserole

Shredded chicken, broccoli and cooked rice in cheddar sauce

6 servings **Prep 20 min | Cook 40 min | Rest 5 min** **Difficulty: Medium**



Serving suggestion

INGREDIENTS

- 3 cups (420 g) cooked shredded chicken
- 3 cups (450 g) cooked white rice, freshly cooked or promptly chilled
- 3 cups (270 g) small broccoli florets
- 2 tbsp (28 g) unsalted butter
- 2 tbsp (16 g) all-purpose flour
- 2 cups (480 ml) milk
- 1/2 cup (120 ml) low-sodium chicken broth
- 1 cup (115 g) grated vegetarian Cheddar, divided
- 1/2 tsp (1 g) garlic powder
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper

METHOD

1. Heat oven to 375 F (190 C). Steam broccoli for 3 minutes and drain well. Set out a 9 x 13-inch (23 x 33 cm) baking dish.

2. Melt butter in a saucepan. Stir in flour and cook for 1 minute. Whisk in milk and broth; simmer 4-5 minutes until lightly thickened.

3. Lower the heat and stir in half the Cheddar, garlic powder, salt and pepper. Fold the sauce with the cooked chicken, rice and broccoli.

4. Transfer to the baking dish and top with the remaining Cheddar. Bake 25-30 minutes, until the center reaches 165 F (74 C).

5. Rest for 5 minutes before serving.

COOKING NOTE

Use cooked rice, not dry rice or instant-rice granules. Cool leftover rice promptly; keep the broccoli bright and drain it well before mixing.

Refrigerate leftovers within 2 hours. Reheat portions to 165 F (74 C).