Creamy Chicken and Broccoli Bake
RECIPE

Creamy Chicken and Broccoli Bake

Cooking time	50 mins
Preparation time	15 mins
Serves	6

Making a comforting bake for the family is easy with Royco® Cheddar Cheese Sauce, and in this dish cream, mozzarella and a crunchy crumb topping add an extra touch of luxury.

Ingredients

- 60ml (4 Tbsp) butter
- 3 skinless, boneless chicken breasts, sliced
- 7 cloves garlic, peeled and sliced
- A few sprigs of fresh thyme
- 1 packet Royco® Cheddar Cheese Sauce
- 30ml (2 Tbsp) flour
- 500ml (2 cups) milk
- 125ml (½ cup) chicken stock
- 125ml (½ cup) cream
- 1 head of broccoli, cut into florets
- 500ml (2 cups) grated mozzarella cheese
- 125ml (½ cup) breadcrumbs
- sesame seeds, for topping
- salt and black pepper, to taste

Recipe developed for Royco by @braisedbyuthika

Vegetarian

Leave out the chicken in this recipe and use mushrooms instead. Replace the chicken stock with veggie stock.

Family Friendly

This mild, cheesy dish is perfect for children – and a great way of introducing them to nutritious broccoli!

Method

1. Preheat the oven to 180°C.
2. Melt the butter in a big ovenproof pan, add the chicken strips, garlic and thyme, and sauté over a medium-low heat for about five minutes, or until the garlic begins to soften.
3. Sprinkle the contents of the packet of Royco® Cheddar Cheese Sauce and the flour into the pan, mix well, and cook gently for a few minutes, stirring.
4. Pour in the milk, chicken stock and cream, and stir until the sauce has thickened.
5. Add the broccoli and mozzarella cheese, and stir again.
6. Sprinkle the sesame seeds and breadcrumbs over the top, and grind over black pepper, to taste.
7. Place the pan in the oven and bake at 180°C for 30 minutes, or until the broccoli is tender and the sauce is bubbling.
8. Serve hot.

Recipe Tags

Dry Sauces, Light Meal

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15 mins

Preparation time

20 mins

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30 mins

Preparation time

15 mins

Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

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Cooking time

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Preparation time

30 mins

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Cooking time

30 mins

Preparation time

10 mins

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Cooking time

50 mins

Preparation time

15 mins

Tuna Crumble

Cooking time

25 mins

Preparation time

10 mins

Creamy Butter Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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