

# Chicken Casserole

For enough to feed 6 you will need:

6 Chicken pieces  
2 Tablespoons oil  
3 Cloves garlic  
2 Leeks  
6 Carrots  
4 Parsnips  
6 Potatoes  
2 Chicken stock cubes  
1 Bay leaf  
2 Teaspoons dried parsley  
Salt and pepper to taste  
1 Large Dixie  
Peeler  
Sharp Knives  
Chopping boards  
Wooden Spoon



1. Cut each chicken piece into 2cm cubes.
2. On another chopping board, peel and chop the carrots, potatoes and parsnips to small dice (smaller than the chicken).
3. Take away the outer leaves of the leek and slice into 2 cm rings.
4. Peel and crush the garlic.
5. Make up the chicken stock cubes with 1.5 pints of cold water.
6. Heat the oil in the dixie, season the chicken and fry until golden brown, stirring frequently.
7. Add garlic and leek and fry for 6-8 minutes until they begin to soften, stirring frequently.
8. Add Potatoes, carrots, chicken stock, bayleaf and parsley.
9. Bring to the boil then gently simmer for 30 minutes or until the vegetables are soft. Take care to stir occasionally to ensure it doesn't stick. (not too often though!).