

# Chicken, Mushroom & Red Wine Casserole

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Serves 4

Preparation Time: 5 mins

Cooking Time: 15 mins

*A restaurant quality meal prepared in less than half an hour and it is healthy too!*

## Ingredients

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- ❖ 4 skinless chicken breasts
- ❖ 15ml (1 tbsp) plain flour, seasoned
- ❖ 150ml (¼ pint) chicken stock
- ❖ 15ml (1 tbsp) olive or vegetable oil
- ❖ 250g (9 oz) chestnut mushrooms, quartered
- ❖ few thyme sprigs
- ❖ 150ml (¼ pint) red wine
- ❖ 15ml (1 tbsp) redcurrant jelly [optional]

## Directions

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1. Toss the chicken in the flour, then tap off the excess. Mix 1 teaspoon of the excess flour with a little stock and set aside. Heat the oil in a frying pan, then add the chicken, mushrooms and thyme. Cook over a medium-high heat for about 5 minutes, turning the chicken breasts over once until golden.
2. Lift the chicken out then set aside. Pour in the stock, red wine and jelly, and simmer gently for 5 minutes or until reduced by half. Add the flour and stock mix, stirring until the sauce thickens a little. Put the chicken back into the pan, along with any juices from the plate, then simmer for 5 minutes or until cooked through and the sauce is glossy.

## Serving Suggestion

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- ✓ Serve with mash.

## Note

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- ✓ I like to slice the chicken breasts into thin slivers before returning them to the pan; it helps to shorten the cooking time!

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