



Chicken casserole with herby dumplings

READY IN



100 min.

SERVINGS



6

CALORIES



1213 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 chicken pieces – a mixture of thighs and drumsticks on the bone skinless halved
- ☐ 3 tbsp flour plain
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 2 onions sliced
- ☐ 2 carrots diced
- ☐ 200 g streaky rashers smoked snipped
- ☐ 3 bay leaves
- ☐ 3 sprigs thyme leaves
- ☐ 250 ml red wine

- ☐ 3 tbsp tomato paste
- ☐ 1 chicken stock cube
- ☐ 140 g butter diced cold
- ☐ 250 g self-raising flour
- ☐ 2 tbsp herb – try parsley mixed chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Toss the chicken pieces with the flour and some salt and pepper, to coat them its easy to do this in a plastic food bag.
- ☐ Heat the oil in a casserole with a lid. Brown the chicken pieces well on all sides youll need to do this in batches.
- ☐ Remove all the pieces to a plate, and tip the onions, carrot, lardons, bay and thyme into the pan. Cook gently for 10 mins until the onion is softened.
- ☐ Return the chicken pieces, with any juices that have collected on the plate. Then pour in the red wine, 250ml water and tomato paste and crumble in the stock cube.
- ☐ Add a splash more of water if you need, until the chicken is almost covered. Bring to the boil, then cover with a lid and bake in the oven for 20 mins.
- ☐ Remove the lid and bake for another 10 mins while you make the dumplings.
- ☐ Rub the butter into the flour with your fingertips until it feels like fine breadcrumbs. Stir in the herbs with tsp salt and some pepper.
- ☐ Drizzle over 150ml water, and stir in quickly with a cutlery knife to form a light dough. Use floured hands to shape into ping pong sized balls.
- ☐ Place the dumplings on top of the stew and bake for 20 mins more until the dumplings are cooked through.

Nutrition Facts

 **PROTEIN 19.72%**  **FAT 65.77%**  **CARBS 14.51%**

Properties

Glycemic Index:67.14, Glycemic Load:23.79, Inflammation Score:-10, Nutrition Score:32.962608617285%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.84mg, Petunidin: 0.84mg, Petunidin: 0.84mg, Petunidin: 0.84mg Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg Malvidin: 5.85mg, Malvidin: 5.85mg, Malvidin: 5.85mg, Malvidin: 5.85mg Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 2.8mg, Apigenin: 2.8mg, Apigenin: 2.8mg, Apigenin: 2.8mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 1212.92kcal (60.65%), Fat: 85.79g (131.98%), Saturated Fat: 29.99g (187.45%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 39.85g (14.49%), Sugar: 4.03g (4.48%), Cholesterol: 355.47mg (118.49%), Sodium: 834.46mg (36.28%), Alcohol: 4.48g (100%), Alcohol %: 1.12% (100%), Protein: 57.87g (115.73%), Selenium: 79.69µg (113.84%), Vitamin A: 4475.72IU (89.51%), Vitamin B3: 16.04mg (80.18%), Vitamin B6: 1.22mg (60.78%), Phosphorus: 591.23mg (59.12%), Vitamin B5: 3.48mg (34.82%), Vitamin B12: 2.06µg (34.3%), Vitamin K: 32.78µg (31.21%), Zinc: 4.65mg (31.02%), Vitamin B2: 0.51mg (30.21%), Manganese: 0.58mg (28.88%), Potassium: 975.52mg (27.87%), Vitamin B1: 0.41mg (27.27%), Vitamin E: 3.88mg (25.84%), Magnesium: 87.02mg (21.76%), Iron: 3.39mg (18.84%), Copper: 0.3mg (15.24%), Folate: 44.65µg (11.16%), Fiber: 2.75g (10.99%), Vitamin C: 8.18mg (9.92%), Calcium: 64.04mg (6.4%), Vitamin D: 0.42µg (2.82%)