



## Chicken Tetrazzini Casserole with Cauliflower

 Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



1317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 large bay leaves
- 1 tablespoon peppercorns whole black
- 4 skin-on chicken breasts dark whole bone-in white (for all meat) (for a mix of and meat)
- 8 tablespoons butter
- 4 carrots coarsely chopped
- 1 small head cauliflower
- 4 stalks celery coarsely chopped
- 2 cups chicken stock see

- 0.5 cup cooking sherry dry
- 3 tablespoons flour all-purpose
- 0.3 cup flat-leaf parsley fresh chopped
- 4 cloves garlic finely chopped
- 8 cloves garlic smashed
- 1 cup heavy cream
- 4 servings kosher salt
- 2 lemons sliced
- 4 servings nutmeg freshly grated
- 2 onions quartered
- 1 cup panko bread crumbs
- 1 cup parmigiano-reggiano grated
- 4 servings herb bundle of parsley fresh with kitchen string
- 4 servings pepper freshly ground
- 2 medium shallots finely chopped
- 8 ounces mushrooms fresh white assorted sliced
- 8 ounces extra-wide egg noodles

## Equipment

- bowl
- frying pan
- oven
- whisk
- pot
- casserole dish
- wooden spoon

## Directions

- Watch how to make this recipe.

- Preheat the oven to 400 degrees F. Bring 1 1/2 cups water to a boil in a pot and season with salt.
- Add the cauliflower, cover and steam until just tender, 7 to 8 minutes.
- Drain and cut into florets. Meanwhile, bring another pot of salted water to a boil and cook the noodles to just shy of al dente, about 5 minutes.
- Drain.
- Heat 4 tablespoons butter in a large skillet over medium heat.
- Add the mushrooms and cook until tender and browned.
- Add the garlic and shallots and cook, stirring, for 2 to 3 minutes.
- Add the flour and cook, whisking, for 1 minute. Deglaze with the sherry, stirring and scraping up any browned bits with a wooden spoon.
- Whisk in the chicken stock and bring to a boil. Reduce the heat to a simmer and cook for a few minutes, then stir in the heavy cream. Season with salt, pepper and a few grates of nutmeg.
- Combine the cauliflower, noodles, chicken and sauce.
- Transfer to a casserole dish. Melt the remaining 4 tablespoons butter in small pan, then drizzle over the panko in a bowl and toss to combine.
- Add the Parmigiano-Reggiano and toss.
- Sprinkle the breadcrumbs over the casserole.
- Bake until hot, bubbling and golden, 40 to 45 minutes.
- Sprinkle with the parsley. Divide among plates. Cook's Note: The unbaked casserole (without the breadcrumbs) can be covered and refrigerated for a make-ahead meal.
- Put the chicken in a very large stockpot or divide between 2 pots if necessary.
- Add the peppercorns, garlic, bay leaves, carrots, celery, lemons, onions and herb bundle and sprinkle with salt.
- Add enough water to cover the chicken. Bring to a boil, then reduce the heat to low and cook at a rolling simmer for 1 1/2 hours.
- Remove the chicken from the liquid and let cool. Strain the stock. (You should have 5 to 6 quarts stock.)
- Remove the skin and bones from the chicken, and shred the meat using your hands or 2 forks.

## Nutrition Facts

PROTEIN 20.92% FAT 50.59% CARBS 28.49%

## Properties

Glycemic Index:173.58, Glycemic Load:27.73, Inflammation Score:-10, Nutrition Score:56.756956390713%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 17.86mg, Apigenin: 17.86mg, Apigenin: 17.86mg, Apigenin: 17.86mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin: 1.61mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

## Nutrients (% of daily need)

Calories: 1317.13kcal (65.86%), Fat: 73.92g (113.73%), Saturated Fat: 39g (243.78%), Carbohydrates: 93.66g (31.22%), Net Carbohydrates: 82.33g (29.94%), Sugar: 17.37g (19.3%), Cholesterol: 311.37mg (103.79%), Sodium: 1307.53mg (56.85%), Alcohol: 3.09g (100%), Alcohol %: 0.44% (100%), Protein: 68.8g (137.59%), Vitamin A: 13018.29IU (260.37%), Vitamin K: 167.81µg (159.82%), Selenium: 98.72µg (141.03%), Vitamin B3: 25.95mg (129.76%), Vitamin C: 85.47mg (103.6%), Vitamin B6: 1.81mg (90.6%), Phosphorus: 902.29mg (90.23%), Manganese: 1.68mg (83.84%), Vitamin B2: 0.98mg (57.74%), Calcium: 543.17mg (54.32%), Potassium: 1800.38mg (51.44%), Vitamin B1: 0.68mg (45.5%), Fiber: 11.33g (45.32%), Vitamin B5: 4.27mg (42.71%), Folate: 169.51µg (42.38%), Magnesium: 162.86mg (40.71%), Copper: 0.76mg (38%), Iron: 6.41mg (35.61%), Zinc: 4.96mg (33.1%), Vitamin B12: 1.3µg (21.62%), Vitamin E: 2.76mg (18.4%), Vitamin D: 2.08µg (13.89%)