

GF Friendly

Chicken Parsnip Bake

Chicken baked in creamy sauce with parsnip and bacon

I like the flavour of parsnip and believe it goes well with chicken. My original idea was for a one-pan meal and I suppose this could still be an option; but I decided it might be better baked in the oven.

- 400g diced chicken breast
- 2 bacon eye rashers, finely chopped
- 1 cup parsnip, diced small
- 1 cup thinly-sliced sweet potato
- 1 finely chopped onion
- 2 cup mushrooms, chopped small
- 2 tsps Tamarind puree
- 1 tsp Paprika
- 1 Tbsp chicken stock powder
- 200g (½ can) condensed chicken soup
- ¼ cup water



Par-boil the sweet potato and set aside.

In a frying pan or wok, stir-fry the onion and mushroom for 5 minutes. Add the diced chicken and bacon, sprinkle with Paprika and stock powder, toss to coat and stir-fry for 8 minutes.

Turn in the parsnip, add the Tamarind puree and stir-fry for 5 minutes. Finally, put in the soup with the water and combine well.

Spread the mixture in a suitable baking dish, top with the sliced sweet potato, cover with a lid or foil; then bake in the oven, pre-heated to 162°C fan-forced (180°C conventional) for 35 minutes.

Serves at least 4 with extra vegetables

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