



## Crispy, Creamy Chicken & Broccoli Crumble

This is a most satisfying dish which is super easy to make and is one our favorites! The broccoli, chicken and crumble make this a truly hearty dish. It is crispy, creamy, and crumbly while also being gluten free, making it the perfect meal to share with the family

### Nutritional Info

Calories: 642 kcal  
Carbohydrates: 23 g  
Protein: 48 g  
Fat: 39 g

### Ingredients

- Diced Chicken
- Onion
- Broccoli
- Fresh Parsley
- Double cream
- Cornflour
- Grated White Cheese
- Oats

### Your Pantry

- Salt & Pepper
- Butter

### Allergens


Milk (Cream, butter, cheese)  
Gluten (Oats)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



**1) Preheat the oven to 180C and boil a pot of water.**

**2) Cook the chicken and onions**

Dice the onion finely and add this to an oiled pan on a medium/high heat. After a minute or two move it to the side of the pan and add in the diced chicken. Mix the onion through the chicken as the chicken begins to cook through.

**3) Blanch the broccoli**

Chop the broccoli into bite size chunks. Then blanch in boiling water until it is just tender. Remove the broccoli from the water and set the pot & broccoli aside.

**4) Make the white creamy sauce**

Keep some of the hot water in your pot used for the broccoli and then add the double cream, cornflour and 10 g of butter and return it to the boil. Whisk the sauce and allow it to reduce a little and thicken.

**5) Combine ingredients into dish**

When the chicken and broccoli are both ready, mix them together in a large ovenproof dish. Pour your creamy sauce over the top, season with salt & pepper and stir through.

**6) Make the crumble**

In a new bowl, melt a small knob of butter and then mix it together with the oats, cheese & chopped parsley. Sprinkle this lightly over the top of your broccoli & chicken.

**7) Place in oven**

Finally add it to a preheated oven at 180°C for about 20-25 minutes and remove it when it is brown & bubbling.



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