



CHEESY CHICKEN CASSEROLE

with Broccoli and Rice



HELLO

CHICKEN RICE CASSEROLE

A final bake in the oven makes this dish irresistibly bubbly, melty, and hot.

PREP: 10 MIN | **TOTAL: 45 MIN** | **CALORIES: 580**



Yellow Onion



Scallions



Italian Seasoning



Lemon



Chicken Demi-Glace
(Contains: Milk)



Basmati Rice



Cheddar Cheese
(Contains: Milk)



Broccoli Florets



Roma Tomato



Chicken Breasts



Chicken Stock Concentrate



Milk
(Contains: Milk)



Italian Cheese Blend
(Contains: Milk)

START STRONG

Keep an eye on the casserole as it broils. Broiler heat can vary widely, so you want to watch for any burning.

BUST OUT

- Paper towel
- Large pan
- Vegetable oil (1 TBSP)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- | | |
|-----------------------------|---------|
| • Yellow Onion | 1 |
| • Broccoli Florets | 8 oz |
| • Scallions | 2 |
| • Roma Tomato | 1 |
| • Lemon | 1 |
| • Chicken Breasts | 24 oz |
| • Italian Seasoning | 1 TBSP |
| • Chicken Stock Concentrate | 1 |
| • Chicken Demi-Glace | 1 |
| • Milk | 6.75 oz |
| • Basmati Rice | ¾ Cup |
| • Italian Cheese Blend | ½ Cup |
| • Cheddar Cheese | ½ Cup |

HELLO WINE



PAIR WITH
Mareas Chilean Carménère, 2017

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HelloFRESH



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Halve, peel, and finely dice **onion**. Cut any large **broccoli florets** into bite-size pieces. Trim, then thinly slice **scallions**, separating greens and whites. Core **tomato**, then cut into ½-inch pieces. Halve **lemon**; cut one half into wedges.



4 STIR CASSEROLE

Stir **stock concentrate**, **demi-glace**, and **1 cup water** into pan. Add **milk** and bring to a boil, then season with **salt** and **pepper**. Stir in **rice** and **tomato**. Lower heat and reduce to a simmer. Stir in **chicken** along with any **resting juices** on plate, making sure to keep rice submerged. **TIP:** If your pan is not ovenproof, transfer mixture in pan to a large baking dish at this point.



2 COOK CHICKEN

Pat **chicken** dry with a paper towel and cut into 1-inch pieces. Heat a large drizzle of **oil** in a large pan over medium-high heat (use an ovenproof, lidded pan if you have one). Add chicken and season with **salt** and **pepper**. Cook, tossing often, until browned all over, about 5 minutes. Remove from pan and set aside on a plate.



5 BAKE CASSEROLE

Arrange **broccoli** on top of contents of pan or dish, pressing down gently to partially submerge florets. Cover tightly with a lid or aluminum foil and transfer to oven. Bake until rice is just al dente and chicken is cooked through, about 15 minutes. (**TIP:** It's OK if the rice looks dry on top—it will continue to cook.) Remove from oven and heat broiler to high or increase oven temperature to 500 degrees.



3 COOK ONION

Add another drizzle of **oil** and **2 TBSP butter** to same pan over medium-high heat. Toss in **onion**, **scallion whites**, and **Italian seasoning**. Cook, tossing, until onion is softened, 2-3 minutes. Squeeze in juice from **lemon half** and scrape up any browned bits from bottom of pan.



6 BROIL AND SERVE

Sprinkle **Italian** and **cheddar cheeses** over casserole. Place beneath broiler about 3 inches from flame (or in oven). Broil until cheeses are bubbly, about 3 minutes. Once done, sprinkle with **scallion greens**. Let cool about 5 minutes before dividing between plates. Serve with **lemon wedges** for squeezing.

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