



Chicken, Cheese & Broccoli Bake

Serves 4

Ingredients:

Cheese Sauce:

- 3 Tbsp (45ml) butter
- 3 Tbsp (45ml) flour
- 1/2 cup (125ml) chicken stock
- 2 cups (500ml) milk
- 2 cups Président 6 Month Mature Cheddar Cheese, grated
- Tbsp (15ml) lemon juice

Chicken & Broccoli:

- 1 large onion, peeled, halved and sliced
- 2 Tbsp (30ml) oil
- 2 garlic cloves, crushed
- 400g chicken fillets, cut into large chunks
- 1 tsp (5ml) paprika
- 1 head broccoli, cut into florets and parboiled/steamed

To serve:

- 1 cup Président 6 Month Mature Cheddar Cheese, grated
- Dried chilli flakes or paprika optional
- Parsley

Method:

Cheese Sauce:

1. Melt the butter in a pan and add the flour. Cook for 2-3 minutes, stirring continuously. Stir in the stock and milk and cook, stirring until smooth. Adding a little more stock or milk if required.
2. Add the cheese and lemon juice and stir until smooth. Set aside.

Chicken & Broccoli:

1. Heat the oil in a wide ovenproof skillet and fry the onions and garlic for 3-5 minutes, or until the onions have softened. Transfer the mixture to a plate and return the pan to the stove.
2. Sprinkle the paprika over the chicken cubes and fry the chicken in the pan for 5-6 minutes or until golden and browned all over. Return the onion mixture to the chicken and cook for 1 minute.
3. Turn off the heat and add the broccoli and cheese sauce and gently combine.
4. Preheat an oven to 190C. Top the chicken bake with the remaining Cheddar cheese and a pinch of dried chilli flakes or paprika (optional). Bake in a hot oven for 12-15 minutes, or until the cheese is golden and melted.
5. Serve with a seasonal salad and crusty bread.