



CHEESY RICE CHICKEN BROCCOLI BAKE

METHOD

- 1. Preheat** Oven to 180 degrees Celsius
- 2. Rub** chicken fillets in 1 teaspoon BBQ spice and salt and pepper, place into a oven proof dish and cook in the oven for 20 minutes, don't overcook as will cook again in the oven.
- 3. Cook** broccoli until nice and tender
- 4. Cook** rice until soft and fluffy, I usually do mine in the microwave for 10 min.
- 5. Heat up** a saucepan over a medium heat and fry onion, crushed garlic, until onion is soft and translucent
- 6. Add** in flour and stir until coats the onions, add milk slowly to make a white sauce, once milk is all added cook until thickened, add in dijon mustard still until well combined, add seasoning to your taste.
- 7. Fold** in the cream cheese or cottage cheese and 1 cup of the cheese.
- 8. Cut** up your cooked chicken and fold into sauce, then fold in your cooked broccoli and rice.
- Remember too **season to your taste.**
- 10. Add** mixture into a oven proof dish, sprinkle the rest of the cheese over.
- 11. Bake** for about 20 min until cheese is melted and browned.
- 12. Enjoy with a salad**

Recipe by:

THE MOM NEXTDOOR
ALL THINGS MOMMY & MORE



COOKING
15 MINUTES



SERVES
4 - 6



RECIPE BY
MARGEUX BURTON



INGREDIENTS

- 4 Chicken Fillets
- 5 Cups Broccoli Florets
- 1 1/2 Cups Rice
- 1 Medium Onion
- 4 Tablespoons Butter
- 1 Tablespoons Olive Oil or Canola Oil
- 1 Teaspoon Cape King Foods BBQ Spice
- 2 Cloves Crushed Garlic
- 4 Tablespoons Flour
- 2 Cups Grated Cheddar Cheese
- 2 Cups Full Cream Milk
- 4 Tablespoons Cream Cheese or Smooth Cottage Cheese
- 2 Tablespoons Dijon Mustard
- Salt and Pepper to taste



CONTACT US

📞 021 948 2085/6

✉️ sales@capekingfoods.co.za

FIND US

Unit 12
Sona Park
Cecil Morgan Street
(off La Belle Road, behind SA Breweries)