



Creamy & Golden Chicken Potato Casserole

This casserole is **total comfort food!** It has a golden crispy crust on top and a veggie-packed creamy chicken filling. Reminiscent of a classic chicken pot pie, this family-friendly Homemade dish is packed with nutrition and flavor. The superstar of this recipe is the humble **anti-inflammatory** leek.

Leeks have a variety of beneficial plant compounds such as antioxidant polyphenols and allicin. In fact, enjoying leeks has been shown to **lower your risk of heart disease** and help with weight loss.

Thyme, lemon zest, and grainy mustard really make the flavor pop! And the addition of fiber-rich parsnips to the creamy topping helps you to **control your blood sugar** and feel satisfied for hours.

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Serves 4

1/2 lb potatoes, peeled and chopped into chunks
1 lb parsnips, peeled and chopped into chunks
2 chicken breasts
1 tbsp corn flour
1 tbsp avocado oil
4 leeks, sliced
1 large carrot, sliced
1 lemon, zest only
1 tsp dried thyme
1/4 cup chopped parsley
4 tbsp plain greek yogurt
1 tbsp grainy mustard
Salt and pepper, to taste

Directions

- Preheat oven to 200C/400F. Boil potatoes and parsnips for 15 minutes, or until tender. Drain and mash with salt and pepper to season. Reserve $\frac{1}{2}$ a cup of potato-parsnip water.
- Cut the chicken into bite-sized pieces and toss in corn flour. Heat the oil in a large pan and add the leeks, carrots, and thyme. Fry for 5 minutes over medium heat, until softened. Add the chicken and $\frac{1}{2}$ cup potato-parsnip water. Bring to a boil.
- Reduce heat and simmer for 10 minutes, until chicken is tender. Remove from heat and stir in lemon zest, parsley, yogurt, and mustard.
- Place chicken filling on a pie plate and spoon the mash on top evenly. Bake for 25 minutes, or until the top is crispy and golden.

GF

MP

Prep	Cook
15 mins	25 mins