

Paleo Broccoli Chicken Casserole

Shopping List

- Chicken Breast (2, whole)
- Coconut Oil (1 teaspoon)
- Salt & Pepper
- Bacon (cooked, crumbled)
- Almonds (1/2 cup, sliced)
- Broccoli (1/2 head, sliced)
- Cauliflower (3/4 head, sliced)
- Full-fat Coconut Milk (1 cup)
- Chicken Stock (1/2 cup)
- Egg (1, large)

Duration: 1 hour 25 minutes

Servings: 4



Method:

Heat a large sauté pan over medium-high heat and add coconut oil when hot.

Season chicken breasts with sea salt and pepper if desired and sauté for 10-15 minutes, turning once or twice until fully cooked. Chop into bite-size pieces.

Preheat oven to 180°C .

Layer the broccoli, cauliflower, mushrooms, and cooked chicken in a casserole dish, seasoning with salt and pepper between each layer.

In a bowl or large measuring cup, whisk the coconut milk with the egg and chicken stock until well combined. Pour over the casserole. Cover with foil and bake for 30 minutes.

Remove from oven, uncover and sprinkle with almonds and bacon. Bake uncovered for 5-10 more minutes until almonds are lightly toasted and casserole is bubbly.

Let sit for 5-10 minutes before serving.