

## Chicken Casserole

### Ingredients

500g chicken  
100g carrots, diced  
100g onions, diced  
15ml vegetable oil  
10g chicken bouillon  
750ml water  
50g tomato puree  
40g plain flour  
125g mushrooms  
200g frozen peas

### Instructions

1. Gently fry the onions and carrots in the oil
2. Add the flour and cook for 2 minutes
3. mix in the tomato puree, water and bouillon
4. Bring to the boil and cook for 15 minutes
5. Add the mushrooms and peas and bring back to boil
6. Place the chicken in a deep tin, cover with the sauce and cook for 30 minutes at 180 C, 350 F, gas mark 4.

