

Chicken & vegetable bake

Serves 4



Ingredients

350g/12oz frozen mixed vegetables
430ml/ $\frac{3}{4}$ pint skimmed milk
75g/3oz mature cheddar cheese, grated
175g/6oz/2 small chicken breasts, diced into 1 inch cubes
2 tablespoons cornflour
1 teaspoon vegetable oil
1 teaspoon English or Dijon mustard
1 clove garlic, peeled and crushed
 $\frac{1}{4}$ teaspoon nutmeg
Sprinkle of pepper

Method

1. Cook the vegetables according to the packet instructions and drain.
2. In a small frying pan add the oil, garlic and chicken. Fry on a medium heat until the chicken is golden and cooked this should take about 10 minutes.
3. Blend the cornflour in a saucepan with a little milk, then stir in the remainder and bring to the boil.
4. Stir in the pepper, mustard, the cooked chicken, vegetables, nutmeg and two thirds of the cheese and bring back to the boil. Cook for a further 8-10 minutes, stirring all the time.
5. Pour into an ovenproof dish, top with the remaining cheese and grill until golden and bubbling.