

Emma Sutherland N.D.BHlth Sc (CompMed) MATMS, MNHAA

Chicken, Turmeric and Vegetable Casserole

I love to cook this dish when I know that the next few days are going to be extra busy. It makes a wonderful hearty lunch in the cooler months and is highly nutritious. By adding the red quinoa and beans it becomes a dish high in protein which keeps me feeling full for ages and stops me reaching for something sweet! As always, I only use organic ingredients and if you are lucky enough to find fresh turmeric it adds such a gorgeous colour to the dish. Turmeric is as effective as pharmaceutical anti inflammatory medicines so start adding it to more of your meals.

Ingredients

500gr organic chicken thighs – sliced into strips

1 red onion

4 cloves garlic

1tsp turmeric powder or 2 tsp freshly grated

1tsp fennel seeds

1 chilli

2 medium zucchinis

1 head broccoli

200gr snow peas

1 can 3 bean mix

100gr red quinoa

500ml chicken stock

1 lemon

Extra virgin olive oil

Parsley to serve

Instructions

Gently sauté finely sliced red onion, garlic and chilli in extra virgin olive oil with turmeric and fennel seeds. Add chicken thighs and sliced lemon and cook until brown. Add stock and bring to a simmer. Add carrot, beans, broccoli and quinoa and cook for 10 minutes. Add snow peas and zucchini and cook for 3 minutes. Serve with a generous grating of lemon zest and freshly picked parsley.