



Casseroles are a great meal to make ahead of time and reheat, to use up vegetables forgotten in the fridge and to make in larger volumes to have as left overs. They are often seen as hearty go to meals for families and if made well can taste delicious and smell great when cooking.

This modification is lower in sodium and significantly lower in saturated fat. With the increased vegetables in the modified version, the fibre content is now higher, and the overall nutritional value is improved.

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Chicken and Mushroom Casserole (Serves 2)

✕ Original Ingredients	✎ Modifications	✓ Modified Ingredients
Chicken breast 250g	Reduce to reflect recommended serve sizes	Chicken breast 200g
½ teaspoon salt + cracked pepper	None	½ teaspoon salt + cracked pepper
3 tablespoons plain flour	Less needed as reduced amount of chicken to coat	2 tablespoons plain flour
3 tablespoons olive oil	Less needed as reduced amount of chicken to fry	2 tablespoons olive oil
100g mushrooms	None	100g mushrooms
¼ onion	None	¼ onion
½ clove garlic	None	½ clove garlic
	Add non-starchy vegetables in place of reduced chicken	1 cup cauliflower 1 cup broccoli
½ cup uncooked Jasmine rice (to serve)	Swap to a low GI rice	½ cup uncooked basmati rice (to serve)
Sauce		
2 tablespoons unsalted butter	Swap to margarine salt reduced	2 tablespoons salt reduced margarine
2 tablespoons plain flour	None	2 tablespoons plain flour
150mL chicken broth	Swap to salt reduce option	150mL salt reduced chicken stock
2 teaspoons lemon juice	None	2 teaspoons lemon juice
50mL milk	Swap to reduced fat milk to lower saturated fat content	50mL skim milk
50mL cream	Swap to lower saturated fat content	50mL natural yoghurt – fat reduced

Method

1. Preheat oven to 180°C.
2. Season chicken with salt and pepper and dredge both sides in flour. Heat 1 tablespoon of oil in a large frying pan over medium/high heat. Once oil is hot, add chicken and sauté until golden. Work in batches if needed so you don't crowd your pan. Don't worry about cooking the chicken through; it still needs to go in the oven. Transfer chicken to a casserole baking dish.
3. To the frying pan add 1 tablespoon oil along with sliced mushrooms and diced onions and sauté until soft and golden. Add garlic and sauté another 1-2 min. Spread mixture over the chicken.
4. In a medium saucepan melt salt reduced margarine, whisk in 2 tablespoons flour until lightly golden (1-2 min).
5. Add chicken stock, lemon juice and pepper, and whisk until smooth. Add skim milk and natural reduced fat yoghurt and bring to a simmer. Season to taste.

	Nutritional Comparison			
	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy (kJ)	2892	675	2139	384
Protein (g)	45	10.5	42	7.6
Fat total (g)	37	8.6	18	3.2
– Saturated fat (g)	18	4	3.4	0.6
Carbohydrate (g)	43	10	40	7
Fibre (g)	3.1	0.7	7.7	1.4
Sodium (mg)	407	95	390	70

6. Steam broccoli and cauliflower, then add to chicken and mushrooms.
7. Pour sauce over the chicken and vegetables. Cover with foil and bake at 180°C for 45 minutes. Serve with rice.