Healthy Chicken Casserole: Brown Rice and Broccoli Bake

Lean protein and fibrous grains bound together with a creamy yogurt base



PREP	COOK	TOTAL	SERVES	CALORIES
15 min	45 min	1 hr	8 servings	345 kcal

Ingredients

- 1 tbsp olive oil
- 450 g boneless, skinless chicken breasts, diced
- 1 tsp garlic powder
- 1 tsp dried oregano
- 0.5 tsp paprika
- 0.5 tsp sea salt
- 0.25 tsp freshly ground black pepper
- 200 ml low-sodium chicken broth
- 400 g brown rice, rinsed
- 800 g broccoli florets, trimmed
- 120 g plain low-fat Greek yogurt
- 200 g sharp cheddar cheese, grated
- 2 green onions, sliced

Instructions

1. Prepare the oven: Preheat your oven to 200°C (400°F). Grease a 22 x 22 cm baking dish with olive oil or use parchment paper. This ensures the casserole does not stick to the sides during baking.
2. Brown the chicken: Heat the olive oil in a skillet over medium-high heat. Season the chicken with garlic powder, oregano, paprika, salt and pepper. Cook until browned to lock in the savoury flavour before the final bake.

3. Simmer the rice: Bring the chicken broth to a rolling boil in a saucepan. Add the rinsed brown rice, cover and simmer on low. Cook until the liquid is absorbed and the grains are tender.
4. Steam the broccoli: Steam the broccoli florets over boiling water. Remove them when they are just tender. Steaming preserves the vibrant green colour and essential nutrients.
5. Combine the ingredients: Stir the steamed broccoli and browned chicken into the cooked rice. Fold in the Greek yogurt until the mixture is creamy. The yogurt provides a rich texture without using heavy cream.
6. Bake the casserole: Transfer the mixture to the baking dish and top with grated cheddar and green onions. Bake until the cheese is bubbly and the chicken reaches an internal temperature of 74°C (165°F). Let it rest for 5 minutes so the juices redistribute.

Notes

What to serve with itPlate the casserole over chopped spinach or arugula for added colour. Serve alongside a crisp cucumber-tomato salad dressed with olive oil and lemon juice. You may also add a side of whole-grain rolls or steamed quinoa to increase the fibre content of the meal.

Storing and reheatingCover and refrigerate the casserole in an airtight container for up to 3-4 days. For longer storage, freeze in a freezer-safe container for up to 2 months. Thaw overnight in the fridge and reheat at 180°C (356°F) for 10-12 minutes or in a microwave on medium power.