

Creamy Chicken & Zucchini Casserole

Yield: 4 servings (leftovers for 2 persons)

Ingredients

Chicken & Veg

- Boneless, skinless chicken breast – **400 g**, cut into 2 cm cubes
- Zucchini – **2 medium (≈400 g)**, chopped
- Garlic – **3 cloves (15 g)**, finely chopped
- Onion powder – **1 tsp (3 g)**
- Garlic powder – **½ tsp (1.5 g)**
- Dried herb mix – **1 tsp** (e.g., thyme + oregano + basil, or Italian blend)
- Black pepper – **1 tsp (2 g)**, divided
- Salt – **½ tsp (3 g)**, divided
- Olive oil – **10 g (2 tsp)**

Cheese Sauce

- Olive oil – **15 g (1 Tbsp)**
- All-purpose flour – **20 g (2 Tbsp)**
- Water – **180 ml**
- Coconut aminos – **5 ml (1 tsp)**
- Soy milk (無調整豆乳) – **120 ml**
- Water – **60 ml**
- Cream cheese (regular) – **60 g**
- Parmesan – **30 g**, finely grated
- Mozzarella – **60 g**, shredded

Topping

- Mozzarella – **60 g**, shredded
- Parmesan – **20 g**, finely grated
- Toasted panko – **20 g**
- Red chili flakes – pinch
- Fresh herbs (basil, parsley, or pak chee) – chopped



Instructions

1. **Preheat oven** to **200 °C**. Grease a 2-liter baking dish.
2. **Cook chicken:** In skillet, heat **1 tsp olive oil**. Sear **chicken** with half the **garlic powder**, **onion powder**, **half the dried herbs**, **¼ tsp salt**, and **½ tsp pepper** until just cooked through (74 °C internal temp). Transfer to a bowl.
3. **Cook zucchini:** In same pan, add **1 tsp oil + zucchini**. Season with remaining **garlic/onion powder**, **herbs**, and **¼ tsp salt**. Sauté until softened, **~4 min**. Add to chicken.
4. **Make sauce:** Wipe skillet. Heat **1 T oil**, add **flour**, **whisk ~2 min** until nutty. Slowly whisk in **180 ml water + 1 tsp coconut aminos**, **120 ml soy milk**, and **60 ml water**. Simmer until thickened, **3–4 min**.
5. Stir in **garlic**, **cream cheese**, **30 g Parmesan**, and **60 g mozzarella**. Cook until smooth. Season with **pepper**.
6. **Assemble:** Spread half the sauce in baking dish. Top with chicken + zucchini, then remaining sauce. Sprinkle with **60 g mozzarella**, **20 g Parmesan**, **toasted panko**, and **chili flakes**.
7. **Bake:** **20–25 min** until golden and bubbling. **Rest 10 min** before serving. Garnish with fresh herbs.

Nutrition (per serving, ~400 g)

- **Calories:** ~420 kcal
 - **Protein:** ~33 g
 - **Fat:** ~22 g
 - Sat. Fat: ~8 g
 - **Carbs:** ~20 g
 - Sugars: ~5 g
 - **Fiber:** ~2.5 g
 - **Sodium:** ~570 mg
 - **Omega-3:** trace
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Why this works:

- Coconut aminos replace broth with mild umami + sweetness, keeping sodium controlled.
- Soy milk + cream cheese keep the sauce creamy but lighter than cream.
- Toasted panko + fresh herbs = restaurant-style finish.