

## Honey-Mustard Chicken & Broccoli Casserole

### ハニーマスタードチキンとブロッコリーのキャセロール

Serves: 4 | Dish: 22×22×5 cm | Oven: 170°C

#### Ingredients

- 200 g pasta shells (パスタ)
- 180 g broccoli florets (ブロッコリー)
- 250 g cooked chicken (鶏肉)
- 30 g walnuts, chopped (くるみ)
- 200 ml milk (牛乳)
- 100 ml cream (生クリーム)
- 40 g Parmesan (パルメザン)
- 1½ T Dijon mustard
- 2 tsp honey
- 2 tsp cornstarch
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dry mustard
- 1 tsp thyme
- ½ tsp salt + pinch MSG
- ¼ tsp black pepper
- 1 T butter
- 25 g panko
- Pinch salt + MSG
- 1 T chives



#### Instructions

1. Preheat oven to **170°C**. Lightly oil baking dish.
2. Cook **pasta 2 minutes under al dente**.
  - Add **broccoli** for last 1 minute. Do not overcook.
  - Drain well.
3. In baking dish, whisk **milk, cream, Parmesan, mustard, honey, cornstarch,** and **seasonings**. Must be fully smooth before adding pasta.
4. Add **pasta, broccoli, chicken,**. Mix well.
5. Cover tightly with foil and **bake 20 minutes**.
6. Remove foil, stir well.
7. Melt butter in pan; add panko with **salt + MSG** and toast until golden.
8. Sprinkle topping evenly and **bake uncovered 10–15 minutes**. (Light browning only)

9. **Rest 5–10 minutes** before serving.
10. Garnish with **chives**.

### Notes

- Undercook pasta to prevent mushy texture.
- Stir after first bake to ensure even sauce.
- Walnuts add texture and omega-3.
- Sauce thickens as it rests.
- Keep topping lightly golden (no broiler needed).

### Nutrition

**Per serving:** Kcal: 600 | Protein: 37 g | Fat: 28 g | Sat Fat: 12 g | Carbs: 50 g |  
Fiber: 5 g | Sodium: 650 mg | Omega-3: 0.8 g

**Total dish:** Kcal: 2400 | Protein: 148 g | Fat: 112 g | Sat Fat: 48 g | Carbs: 200 g  
| Fiber: 20 g | Sodium: 2600 mg | Omega-3: 3.2 g