

High-Protein Chicken & Rice Casserole

高タンパクチキン&ライスキャセロール

Serves: 3–4

Pan Size: 22 × 22 × 5 cm (Le Creuset square)



Ingredients

Cashew Sauce

- 90 g cashews (カシューナッツ)
- 1 T / 18 g white miso (白味噌)
- ½ tsp dried thyme (タイム)
- 480 ml chicken stock (鶏ガラスープ)

Main

- 450 g chicken breast (鶏むね肉)
- 300 g sweet potato (さつまいも)
- 1 T / 14 g olive oil (オリーブオイル)
- 30 g onion (玉ねぎ)
- 1 clove garlic (にんにく)
- 180 g uncooked white rice (白米)
- 80 g spinach (ほうれん草)

Seasoning

- ½ tsp salt + ⅛ tsp MSG (塩+MSG)

Instructions

1. With an immersion blender and in a tall, narrow container, blend **cashews**, **miso**, **thyme**, and **stock** until smooth.
2. Microwave **sweet potatoes 3–4 minutes** until slightly softened.
3. Sear **chicken** lightly (do not fully cook).
4. Cook **onion** and **garlic** briefly; deglaze with a little **stock**.
5. In baking dish: combine **sweet potatoes**, **rice**, **chicken**, **onion mixture**, and **sauce**.
6. Cover tightly and bake at **170°C** for **45–55 minutes**.
7. Add **spinach**, cover, and **rest 5 minutes** before serving.

Nutrition (per serving)

Kcal: 520 | Protein: 40 g | Fat: 18 g | Sat Fat: 4 g | Carbs: 50 g | Sugars: 6 g |
Fiber: 5 g | Sodium: 650 mg | Omega-3: 0.2 g