

# Lemon-Dill Chicken & Rice Casserole

## レモンドイルチキンライスキャセロール

Serves 2



### Ingredients

- 250 g boneless skinless chicken thighs 鶏もも肉
- 1 T canola oil キャノーラ油
- 120 g onion, finely chopped 玉ねぎ
- 2 g salt + MSG blend 塩+MSG
- ½ tsp black pepper 黒こしょう
- 12 g all-purpose flour 薄力粉
- 200 ml chicken stock (½ strength) チキンストック
- 100 ml whole milk 牛乳
- 80 g nonfat Greek yogurt ギリシャヨーグルト
- 1½ T lemon juice レモン汁
- Zest of ½ lemon レモンの皮
- 1½ T fresh dill デイル
- 1 tsp Dijon mustard デイジョンマスタード
- 300 g cooked white rice 白ご飯
- 100–120 g spinach (blanched, squeezed very dry) ほうれん草
- 15 g panko パン粉
- 15–20 g grated mild cheese ピザ用チーズ
- 1 tsp olive oil オリーブオイル

### Instructions

1. Heat **canola** oil in a pan over **medium heat**.
  - Add **chicken** and lightly brown (not fully cooked). Remove and set aside.
2. In the same pan, cook **onion** until soft (**4–5 min**).
  - Add **salt + MSG** and **pepper**.
3. Add **flour** and cook **1–2 minutes** without browning.
4. Gradually add **stock** while stirring to form a smooth sauce.
5. Add **milk** and **mustard**. Simmer until slightly thickened.
6. **Lower heat** and stir in **yogurt, lemon juice, zest, and dill**.
  - Do not boil after adding yogurt.
7. Add **chicken** back to the pan.
8. Fold in **cooked rice** and **prepared spinach** gently.
9. Add **20 ml extra milk** or **stock** if mixture seems thick.
10. Transfer to a casserole dish (**20 cm**).
11. Mix **panko, cheese, and olive oil**; sprinkle evenly on top.
12. Bake at **170°C** for **22–25 minutes**.
13. **Rest 5 minutes** before serving.
  - Optional: sprinkle extra **lemon zest** before serving.

**Nutrition (per serving)**

Kcal: 550 | Protein: 40 g | Fat: 22 g | Sat Fat: 7 g | Carbs: 48 g | Sugars: 6 g |  
Fiber: 3 g | Sodium: 750 mg | Omega-3: 0.3 g

**Nutrition (total dish)**

Kcal: 1100 | Protein: 80 g | Fat: 44 g | Sat Fat: 14 g | Carbs: 96 g | Sugars: 12 g |  
Fiber: 6 g | Sodium: 1500 mg | Omega-3: 0.6 g