

## Chicken & Broccoli Casserole チキンとブロッコリーのキャセロール

Serves: 4 (2 dinner + 2 leftovers) | Baking Dish:  
22×22×5 cm recommended

### Ingredients

#### Vegetables & Chicken:

- 520 g broccoli florets (ブロッコリー)
- 280 g cooked chicken thighs (鶏もも肉), bite-sized
- 100 g mushrooms (しめじ・舞茸等)
- 120 g onion (玉ねぎ), diced
- 4 cloves garlic (にんにく), minced

#### Sauce:

- 1 T olive oil
- 14 g butter
- 20 g all-purpose flour (薄力粉)
- 420 ml low-sodium chicken broth
- 70 g cream cheese
- 60 g plain Greek yogurt (ギリシャヨーグルト)
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- ¼ tsp black pepper
- ¼ tsp salt + pinch MSG blend

#### Cheese:

- 90 g Gouda cheese, shredded
- 30 g Parmesan cheese, grated

#### Topping:

- 35 g regular panko (パン粉)
- 14 g butter, melted

### Instructions

1. Preheat oven to **170°C**.
2. Lightly grease baking dish.
3. Place **broccoli** in microwave-safe container with small splash of water.
  - Microwave **2–3 minutes** until slightly softened only.
  - Drain well.
4. Heat **olive oil** and **butter** in large skillet over **medium heat**.
5. Add **onion** and **mushrooms**.
  - Cook until softened and lightly browned.
6. Add **garlic**.
  - Cook about **30 seconds**.
7. Sprinkle **flour** over vegetables.
  - Cook **1 minute** while stirring.
8. Slowly add **chicken broth** while stirring.
  - Cook until sauce thickens slightly.



9. Reduce heat to **low**.
10. Stir in **cream cheese** until melted.
11. Remove from heat.
12. Stir in **Greek yogurt, Dijon mustard, Worcestershire sauce, black pepper,** and **salt + MSG blend**.
13. Stir in:
  - **Chicken thighs**
  - **Broccoli**
  - About **80 g Gouda**
  - About **20 g Parmesan**
14. Transfer mixture to baking dish.
15. Combine **panko** with melted butter.
16. Sprinkle panko evenly over casserole.
17. Top with remaining **Gouda** and **Parmesan**.
18. Bake at **170°C** for **25–30 minutes**.
  - Bake until bubbling and lightly golden.
19. **Rest 5–10 minutes** before serving.

### Notes

- Chicken thighs remain juicier than chicken breast in casseroles and leftovers.
- Mushrooms add excellent umami and improve sauce depth.
- Greek yogurt lightens the sauce while increasing protein.
- Dijon mustard adds complexity without making the casserole taste like mustard.
- Panko gives a lighter and crispier topping than homemade breadcrumbs.
- Excellent leftover casserole for next-day lunch or dinner.

### Nutrition

**Per serving:** Kcal: 500 | Protein: 37 g | Fat: 26 g | Sat Fat: 10 g | Carbs: 24 g | Sugars: 6 g | Fiber: 5 g | Sodium: 760 mg | Omega-3: 0.2 g

**Total dish:** Kcal: 2000 | Protein: 148 g | Fat: 104 g | Sat Fat: 40 g | Carbs: 96 g | Sugars: 24 g | Fiber: 20 g | Sodium: 3040 mg | Omega-3: 0.8 g