

Chicken Stew



Enough food for 2 meals



This is a healthy meal
It can help you stay healthy

Food you need



About 400g diced chicken



2 x 15ml Measuring spoon
of gravy



1 Pack of casserole mix



If you can't find something, ask
the staff in the shop to help you

Things in the kitchen you need



Digital timer



Electric cooker



Oven gloves



Oven dish
with a lid



Plastic box
with a lid



1 Pint measuring
jug



Mixing spoon



Kettle



15ml Measuring
spoon



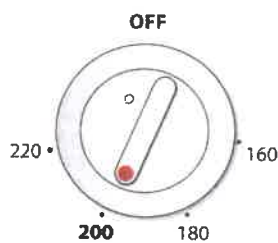
Wash and dry hands



Before you start cooking;

Get out all of the food you need.

Get out all of the things you need to cook with



Turn oven on to 200



Put all the chicken in the oven dish



Wash hands after touching chicken



Put **all** the casserole vegetables in the oven dish



Fill the kettle to the top line with water

Turn it on



When the kettle has finished boiling

Pour water into the measuring jug

Fill it to the top



HOT



Pour all the water into the oven dish



Pour more water into
the measuring jug

Fill it to the top



HOT



Pour all the water into the oven dish



Get a 15ml
measuring spoon

Put 2 spoons of
gravy into oven dish



02 00

Set the digital timer for **2 minutes**



Stir everything in the oven dish

Keep stirring until the timer makes a noise



When the timer makes a noise



Put the lid on the oven dish



Put oven gloves on



Put oven dish in the oven



60 00

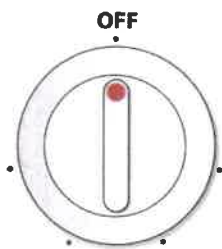
Set the digital timer for **60 minutes**



Come back when the timer makes a noise



When the timer makes a noise



Turn **off** the oven



Put on oven gloves



Take oven dish
out of the oven



Ready to eat!



Wash up

Put everything away



When the stew is cold put
it in a plastic box with a lid



Put it in the fridge



Eat it tomorrow or put in bin