



# Chicken and Apple Eggplant Casserole

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: 30 MINUTES

COOKING: 1 HR

## INGREDIENTS

- 65 g (1/3 cup) olive oil
- 1 large yellow onion, halved and thinly sliced
- 30 ml (2 tbsp) dried basil
- 15 ml (1 tbsp) dried oregano
- 5 ml (1 tsp) salt
- 1 ml (1/4 tsp) pepper
- 4 garlic cloves, pressed or minced
- 1 red pepper and 1 yellow pepper, cut into large cubes
- 300g eggplant, unpeeled, cubed
- 3 large ripe tomatoes, cut into large cubes
- 925 g (2 lb) chicken breasts, cut into 1/2-inch (2.5 cm) cubes
- 2 apples, unpeeled, cubed
- 1 zucchini, cut in half lengthwise and then sliced 1.5 cm (1/2 inch)
- 4 green onions, chopped
- 45 ml to 60 ml (3 to 4 tbsp) organic cornstarch, diluted in the same amount of water

## PREPARATION

1. In a large pan, heat oil. Brown onion, herbs, salt and pepper over low heat for 10 minutes, stirring frequently. Add garlic and fry for another 2 minutes.
2. Then add the peppers and fry for 5 minutes, stirring frequently.
3. Add eggplant and tomatoes. As soon as the tomatoes start to soften, add the chicken, apples, zucchini and green onions.
4. Increase cooking heat and simmer over low heat for 25 to 30 minutes or until chicken is cooked and vegetables are tender. Stir occasionally to prevent the mixture from sticking to the bottom of the pan.
5. Then add the cornstarch mixture, mixing gently with a spoon and cook, stirring constantly until thickened.
6. Adjust seasoning to taste.



*Vegetables fresh from the garden are in the stars in this apple-enhanced dish.*