

Curry Chicken, Rice & Veggie Bake

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Ingredients

1 1/4 cups water or Chicken Stock
1 1/4 cups uncooked basmati rice
2 cups broccoli florets
2 cups cauliflower florets
1/2 lemon
2 cans Condensed Cream of Chicken Soup
1 1/3 cups milk
2 1/2 teaspoons curry powder
1/3 cup plain dry bread crumbs
2 tablespoons butter, melted
3 cups baby spinach
1/2 cup frozen peas
4 cups shredded cooked chicken
1 cup shredded cheese (mozzarella, swiss, Monterey jack)

Directions

Heat the oven to 450°F.

Heat the water in a 4-quart saucepan over high heat to a boil. Add the rice, broccoli and cauliflower. Reduce the heat to low. Cover and cook for 12 minutes. Remove the saucepan from the heat and uncover.

Squeeze the juice from the lemon half. Stir the soup, milk, 2 teaspoons curry powder and lemon juice in a medium bowl. Season with salt and black pepper.

Stir the remaining curry powder, the bread crumbs and butter in a small bowl.

Pour the rice mixture into a 13x9x2-inch baking dish. Stir in the spinach and peas. Layer with the chicken, soup mixture and cheese. Sprinkle with the bread crumb mixture.

Bake for 20 minutes or until hot and the bread crumb mixture is golden brown.