



## Chicken, Tomato and Olive Casserole

Serves 4

Time to make 1 hour

### Ingredients

#### **DeLonghi Kettle**

4.5 cups boiling water

1.5 cups **Ceres Organics Sorghum**

#### **Dots Cooking Oil Spray**

500g **Waitoa Free Range Skinless Chicken Thighs**, cut in 3cm cubes

1 onion, thinly sliced

80g rindless eye bacon, diced

2 sticks celery, diced

2 cloves garlic, very thinly sliced

1/3 cup (80ml) white wine

400g can **Delmaine Crushed Tomatoes**

1/2 cup water

Handful fresh **Palmers Rosemary**

1/3 cup (50g) **Delmaine Pitted Kalamata Olives**, halved

#### **Countdown Select Black Pepper**

2 cups green beans

**Palmers Parsley**, to garnish

### Instructions

Boil 4.5 cups water in kettle. Pour boiling water into large pot. Add sorghum, then cover and simmer until the liquid is absorbed and the grain has plumped up, about 50 minutes. It should be tender with a pleasant bite.

About half way through the sorghum cooking time, heat a large pan over a high heat and spray with oil. Cook chicken, in batches, for 2 minutes or until golden. Remove from pan.

Spray pan again and add onion, bacon and celery. Cook, stirring, for 5 minutes. Add garlic, cook for 1 minute. Add wine and simmer for 1-2 minutes.

Add tomatoes, water, olives and chicken to pan. Stir to combine. Bring to the boil. Reduce heat and simmer for 5 minutes. Add green beans and cook for another 5 minutes. Season to taste with a generous amount of black pepper. Add a little water if necessary so it's nice and saucy – sorghum appreciates a saucy dish.

Serve chicken with sorghum.