

# Sticky Chicken Casserole



**Day 17**  
**Serves: 6**  
**Preparation time:**  
**15 min**  
**Cooking time:**  
**1h30 min**

### Ingredients:

- ½ cup (125ml) flour
- 2 tablespoons (30ml) **IMANA NO.1 SOUP Chicken Flavoured**
- 1.5 kg chicken portions
- Oil to fry
- 2 onions, sliced
- 1 green pepper, seeded and sliced
- 2 **IMANA GOURMET Country Chicken Stock Cubes**
- 2 cups (500ml) boiling water
- ¼ cup (60ml) hotdog sweet mustard sauce
- ¼ cup (60ml) chutney
- 3 tablespoons (45ml) brown sugar
- 2 tablespoons (30ml) **IMANA SUPER-SHEBA Chicken Barbecue Stew Mix**

### Method:

1. Mix flour and **IMANA NO.1 SOUP Chicken Flavoured** together. Roll chicken portions in it until completely coated.
2. Fry chicken in oil until golden. Place the portions in an ovenproof dish that has a lid.
3. In the same pan, pour out excess oil, then fry the onions and green pepper until soft. Add the **IMANA GOURMET Country Chicken Stock Cubes**, dissolved in boiling water. Mix together mustard sauce, chutney, sugar and **IMANA SUPER-SHEBA Chicken Barbecue Stew Mix** and stir into the stock.
4. Spoon sauce over the chicken pieces. Cover with a lid or foil and bake for 1 – 1 ½ hours at 160°C. Serve hot with generous helpings of rice.



**This Recipe Uses**