

Choco Fever Dream

Easy One Pan Ground Chicken Casserole

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground chicken
- [ ] 1 cup frozen mixed vegetables (peas, carrots, corn)
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tbsp olive oil
- [ ] 1 tsp lemon zest
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1/2 cup cooked rice or quinoa
- [ ] 1/4 cup fresh parsley, chopped

Instructions

1. Preheat the oven to 375°F (190°C) and lightly grease a 9-inch baking dish.
2. In a large skillet, heat olive oil over medium-high heat; add ground chicken, season with salt and pepper, and cook until lightly browned, about 5-6 minutes.
3. Stir in frozen vegetables, chicken broth, lemon zest, and honey; bring to a gentle simmer for 3 minutes, letting the flavors meld.
4. Transfer the mixture to the prepared dish, sprinkle mozzarella evenly on top, and bake uncovered for 20-22 minutes, or until the cheese is golden and bubbling.
5. Remove from oven, let rest for 5 minutes, garnish with fresh parsley if desired, and serve warm.

Nutrition per serving

340 kcal	30 g	22 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crispiness, switch the oven to broil for the last 2 minutes, watching closely.
- If using fresh vegetables, sauté them briefly before adding to retain crunch.
- Adjust honey level for a sweeter or more savory profile.