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## Chicken sweet potato zucchini casserole CSC019

Heat a frying pan with a little olive oil, coat the chicken pieces with flour and pan fry, turning until all sides are golden in colour. Heat the sauce in the microwave for 3 minutes on medium, snip and pour the sauce into the same pan as the chicken pieces, bring to a simmer then decant chicken and sauce into a suitable roasting dish, place in the oven and roast for 15- 20 minutes, ready to serve. For the rice: soak rice for 5 minutes and wash twice. For a portion for 4 people, boil rice in 2 1/2 cups boiling water, add 1 teaspoon salt, and boil for 10-12 minutes.