

Helergon Kitchen

No Peek Chicken Casserole – Easy Dump-and-Bake Dinner

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs boneless skinless chicken breast, diced (~3 cups)
- [ ] 1 cup diced potatoes (about 2 medium), peeled
- [ ] 2 cups broccoli florets, fresh or frozen
- [ ] 1 cup 2% milk
- [ ] 2 tbsp all-purpose flour
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] 1/4 tsp smoked paprika
- [ ] Salt and pepper, to taste
- [ ] 1/2 cup shredded cheddar cheese (for the mix)
- [ ] 1 tbsp olive oil (for greasing)

Cheese Sauce & Topping

- [ ] 2 tbsp unsalted butter
- [ ] 2 tbsp all-purpose flour
- [ ] 1 cup 2% milk
- [ ] 1/2 cup shredded cheddar cheese
- [ ] 1/2 cup shredded mozzarella cheese, optional
- [ ] 1/4 cup grated Parmesan cheese, optional

Instructions

1. First things first, go ahead and preheat your oven to 375°F (190°C). While that's warming up, lightly grease your 9x13 inch baking dish with a bit of olive oil so nothing sticks—just a simple swipe will do.

2. Grab a large mixing bowl and toss in the diced chicken, those diced potatoes, and the broccoli florets. Now, sprinkle over your salt, pepper, garlic powder, onion powder, and smoked paprika. Give it all a good toss until everything is evenly coated in those spices.

3. Pour in the milk and flour right into the bowl. Stir it continuously—honestly, just make sure every little piece of chicken and veggie is lightly coated. Then, gently fold in 1/2 cup of the shredded cheddar cheese so the flavor gets tucked in everywhere.

4. Carefully transfer that lovely mixture into your prepared baking dish. Spread it out evenly with your spatula so it cooks through just right.

5. Now for the sauce. In a medium saucepan over medium heat, melt your butter. Whisk in the remaining 2 tbsp of flour and let it cook for about a minute to form a roux. Slowly whisk in the remaining 1 cup of milk, stirring until the sauce thickens up and gets nice and smooth.

6. Take the pan off the heat and stir in the remaining 1/2 cup of cheddar cheese until it's all melted and gooey. Pour this cheese sauce evenly over your casserole, then sprinkle the mozzarella and Parmesan on top for a little extra something.

7. Cover the dish tightly with aluminum foil. This is important because it holds in all that moisture while it bakes for 25 minutes.

8. After 25 minutes, peel back the foil and bake for another 10–12 minutes. You're looking for a beautiful golden-brown top and for the chicken to reach an internal temperature of 165°F (74°C).

9. Once it's out, let it rest for about 5 minutes. I know it's tempting to dive in, but it gives the sauce a chance to set and the flavors to really meld together.

10. Serve it up hot right from the dish. If you're feeling fancy, a little garnish of fresh parsley or basil makes it look just lovely.

Nutrition per serving

410 kcal	34 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Smaller potato pieces ensure everything finishes cooking at the same time.
- Covering with foil is key to keeping the chicken tender and juicy.
- Letting the dish rest for a few minutes makes the cheese sauce much creamier.