

MICROWAVE CHICKEN & DUMPLING STEW

Serves 6

Hands-on time: 25 minutes

Hands-off time: 15 minutes

INGREDIENTS

For the stew:

⅓ tin (253g) NESTLÉ Ideal Evaporated Milk

3½ tbsp corn flour

1½ cups chicken stock

1 small onion, diced

1 clove garlic, finely chopped

¼ tsp each salt and pepper

2 cups shredded rotisserie chicken

1 cup frozen peas and carrots

For the dumplings:

1 cup self-raising flour

⅓ tin (127g) NESTLÉ Ideal Evaporated Milk

¼ tsp each salt and pepper

Serving suggestion:

Chopped parsley

**Microwave cooking times may vary due to wattage; use the timings below as a guide.*

METHOD

For the stew:

1. Whisk a ⅓ cup of the NESTLÉ Ideal Evaporated Milk and the corn flour together in a heatproof dish with lid. Whisk in the remaining evaporated milk and stock.
2. Stir in the onions, garlic and season with salt and pepper to taste.
3. Cover the dish tightly with its lid. **Chef's Tip: Use pierced plastic wrap if you don't have a heat proof lid to place on the dish.*
4. Microwave the mixture on high for 6 minutes. Carefully remove the lid and whisk to remove any lumps. **Chefs tip: For testing we used a 700W microwave.*
5. Place the uncovered dish back in the microwave to cook for 5-6 minutes.
6. Stir in the chicken, frozen peas and carrots.

For the dumplings:

7. Stir the flour, NESTLÉ Ideal Evaporated Milk, salt and pepper together until just combined.
8. Spoon tablespoonful amounts of the dumpling mixture over the stew, leaving 1cm space between each and cover the dish with its lid.
9. Cook the stew in the microwave for 6 minutes or until the dumplings are puffed and cooked through. **Chef's Tip: The dumplings are cooked once a skewer inserted comes out clean.*
10. Spoon the stew and dumplings into serving dishes. Sprinkle parsley on top and ENJOY!