Chicken & Quinoa Broccoli Casserole



A **nutritious, protein-packed** casserole that’s creamy, cheesy, and satisfying.
This recipe uses **pre-cooked quinoa and chicken** but skips pre-cooking the broccoli to save time. It’s perfect for meal prep and a family-friendly dinner!

Recipe Details

Yield	Prep Time	Cook Time	Total Time	Calories (per serving)

6 servings	15 minutes	35-40 minutes	~50-55 minutes	~400 kcal

Ingredients

Main Ingredients:

- **250g quinoa** (uncooked) → **500g cooked quinoa**
- **450g cooked chicken breast**, shredded (or rotisserie chicken)
- **300g broccoli florets**, chopped (raw, not pre-cooked)
- **300g Greek yogurt** (or cottage cheese)
- **180ml low-sodium chicken broth**

Seasonings & Toppings:

- **170g shredded cheddar cheese** (plus extra for topping)
- **50g Parmesan cheese** (optional, for extra flavor)
- **50g whole wheat breadcrumbs** (optional, for crunch)
- **1 tsp garlic powder**
- **1 tsp onion powder**
- **¾ tsp salt**
- **½ tsp black pepper**
- **½ tsp paprika** (optional)

Instructions

1. Preheat Oven

- Set to **190°C (top/bottom heat) or 175°C (fan-assisted).**
- Grease a **33x23 cm** baking dish.

2. Cook Quinoa

- Rinse **250g quinoa** under cold water.
- Cook according to package instructions.
- Set aside (**should yield ~500g cooked quinoa**).

3. Cook Chicken (If Not Using Rotisserie)

- If using **raw chicken**, cook in a pan over medium heat for **8-10 minutes** (or boil for **15 minutes**), then shred.
- If using **rotisserie chicken**, shred directly.

4. Assemble Casserole

- In the baking dish, mix **cooked quinoa, shredded chicken, raw broccoli, garlic powder, onion powder, salt, pepper, and paprika**.

- Stir in **Greek yogurt and chicken broth** for creaminess.
- Sprinkle **cheddar and Parmesan cheese** on top.

5. Bake (Covered)

- Cover with foil and bake for **25-30 minutes** until bubbly and broccoli is tender but still slightly crisp.

6. Remove Foil & Add Crunch (Optional)

- If using **breadcrumbs**, sprinkle them on top.
- Bake **uncovered for 10 more minutes** until golden brown.

7. Rest & Serve

- Let sit for **5 minutes** before serving.

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