

# Low FODMAP Barnyard Millet, Chicken and Vegetable Pilaf

Serves: 4

Prep: 10 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
1 cup barnyard millet	222 g	7.8 oz
4 ½ tbsp canola oil	58 g	2.0 oz
¾ tbsp garlic infused oil	10 g	0.35 oz
1 cup eggplant, 1cm dice	90 g	3.2 oz
1 cup red capsicum, 1 cm dice	167 g	5.9 oz
⅔ cup tindora/ivy gourd (frozen, defrosted and drained). The gourds should be quartered lengthwise	84 g	3.0 oz
2 stalks curry leaves stripped off the stalk	3 g	0.1 oz
1 tbsp garam masala	9 g	0.3 oz
1 tsp turmeric	3 g	0.1 oz
½ tsp red chilli flakes		
1 tsp pepper, cacked black (to taste)		
½ tsp salt (to taste)		
Chicken thigh, skinless and boned, 1cm dice (1 cup)	200 g	7.1 oz
Water	600 g	20.3 oz
1 ¼ tsp vegetable stock powder	5 g	0.2 oz
½ cup spring onion greens	21 g	0.7 oz
Coriander leaves for serving		
Fresh lemon wedges to serve		

## Method

1. Wash millet in cold water and drain thoroughly in a fine sieve.
2. Mix water with stock powder and set aside.
3. Heat both oils in a saucepan (preferably non-stick) that has a tight-fitting lid. Over a high heat sauté eggplant, capsicum, tindora and curry leaves, stirring constantly for about 5 minutes. Add the millet and spices and sauté for about 3 minutes then add the stock and chicken.
4. Once the mixture has come to the boil, reduce the heat and continue to stir for about 10 minutes then add the onion greens and salt.
5. Cover with the lid and let it rest for about 5 minutes.
6. To serve, sprinkle with fresh coriander and a big chunk of lemon or lime.

Nutrition Information (per serve)	
<b>Energy</b>	1700 Kj / 406 cal
<b>Protein</b>	16.80g
<b>Carbohydrates</b>	35.00g
<b>Sugar</b>	2.50g
<b>Total Fat</b>	22.30g
<b>Saturated Fat</b>	2.30g
<b>Fibre</b>	10.10g