

# Low FODMAP Chicken & Gnocchi Pasta Bake

Serves: 6

Prep: 5 minutes

Cook: 50 minutes



Ingredients	Metric	Imperial
1 large zucchini, diced	320 g	11.3 oz
½ large red capsicum/bell pepper, diced	150 g	10.6 oz
Jap/Kent pumpkin, diced	200 g	7.1 oz
2 tsp garlic infused olive oil	9 g	0.3 oz
1 packet gluten-free gnocchi	500 g	17.6 oz
1 jar tomato passata (tomato puree)	500 g	17.6 oz
Baby spinach leaves	100 g	3.5 oz
1 large handful fresh basil leaves	5 g	0.2 oz
Cooked chicken breast, shredded	400 g	14.1 oz
2 tsp cracked black pepper	2 g	0.1 oz
½ cup grated parmesan cheese	50 g	1.7 oz

## Method

1. Preheat oven to 220°C/428°F. Spray a large baking dish with olive oil spray.
2. Add chopped zucchini, capsicum and pumpkin to baking dish and toss with garlic-infused olive oil to coat.
3. Roast vegetables in oven for 20-25 minutes or until beginning to soften.
4. Meanwhile, cook gnocchi according to packet instructions
5. Heat tomato passata in a large pot and stir through baby spinach leaves and basil leaves until wilted slightly. Add cooked chicken, black pepper, gnocchi and roasted vegetables and stir to coat in sauce.
6. Pour gnocchi and sauce mixture back into the baking dish and top with grated Parmesan. Bake for a further 10-15 minutes or until golden.

## Hints

- Consider including one or more serves of 'moderate' FODMAP vegetables during the rechallenge phase or as tolerated for a prebiotic boost (e.g. substitute Jap pumpkin for butternut pumpkin or sweet potato, add a small amount of green peas etc.) - use the app to guide you.

Nutrition Information (per serve)	
<b>Energy</b>	1347 Kj / 322 cal
<b>Protein</b>	30.30g
<b>Carbohydrates</b>	32.90g
<b>Sugar</b>	21.30g
<b>Total Fat</b>	6.80g
<b>Saturated Fat</b>	2.80g
<b>Fibre</b>	4.60g