



Low FODMAP Chicken Broccoli Pasta Bake

Serves: 6

Prep: 20 minutes

Cook: 30 minutes



Ingredients	Metric	Imperial
1 tbsp garlic infused olive oil	18 g	0.6 oz
500g chicken breast, diced	500 g	17.6 oz
pasta, gluten free	250 g	8.8 oz
3 cups broccoli florets	260 g	9.2 oz
2 cups kent/japanese pumpkin, diced	250 g	8.8 oz
1/4 cup butter	60 g	2.1 oz
1/4 cup gluten free flour	37 g	1.3 oz
1 cup low FODMAP chicken stock	255 g	9 oz
1 cup lactose-free milk	255 g	9 oz
1 cup mozzarella, shredded	120 g	4.2 oz

Method

1. Preheat the oven to 180°C / 350°F and grease a casserole dish. Heat the garlic infused olive oil in a large frying pan and cook the pieces of chicken for 6 minutes or until just cooked. Once cooked, set aside.
2. Meanwhile, bring a large pot of boiling water to the boil for the pasta. Add the pasta and cook as per the instructions on the packet. Once the pasta has 1-2 minutes left, add the pumpkin and broccoli and cook with the pasta. Drain the pasta and vegetables and keep in the same pot.
3. Melt the butter over medium heat, whisk in the flour, stirring continuously. Slowly add in the chicken stock and milk, whisking continuously until thickened. Remove from the pan and stir in ½ cup of the mozzarella until well combined. Pour the sauce into the large pot with the vegetable and pasta mix. Add in the chicken and stir.
4. Pour the combined pasta, chicken and vegetable mix into the pre-prepared casserole dish. Top the dish with the remaining mozzarella and bake for 25 minutes.

Nutrition Information (per serve)	
Energy	1863 Kj / 445 cal
Protein	29.80g
Carbohydrates	35.90g
Sugar	3.90g
Total Fat	19.20g
Saturated Fat	10.30g
Fibre	3.40g