



Low FODMAP Chicken Cacciatore

Serves: 8

Prep: 10 minutes

Cook: 40 minutes



Stack Cup

Ingredients	Metric	Imperial
4 tbsp olive OR garlic-infused olive oil	48 g	1.7 oz
1 bunch of spring onion green tops, finely sliced	16 g	0.7 oz
1 medium eggplant	163 g	5.7 oz
2 large carrots	301 g	10.6 oz
1 medium celeriac, peeled	364 g	12.8 oz
1 medium red capsicum, deseeded	193 g	6.8 oz
1 can diced tomato	800 g	28.2 oz
1 cup chicken stock or water	250 g	8.8 oz
1 tsp dried oregano	0.5 g	0.01 oz
2 sprigs fresh rosemary (1 tsp dried)	3 g	0.1 oz
1 tsp raw sugar	5 g	0.2 oz
1 tsp cracked black pepper	3 g	0.1 oz
1 punnet oyster mushrooms, torn lengthwise into strips	150 g	5.3 oz
½ cup pitted olives (e.g. Kalamata), cut into halves	92 g	3.2 oz
6 skinless chicken thigh cutlets, bone-in, skin and fat removed	1000 g	35.3 oz
1½ tsp salt	7 g	0.2 oz
1 cup basil or parsley leaves, roughly chopped	16 g	0.7 oz

Method

1. Heat the oils in a large saucepan or sauce pan over high heat then add and cook (while stirring) all the vegetables (except the oyster mushrooms and olives), spring onion tops, rosemary, oregano, sugar and pepper for about 8 minutes or until lightly browned and fragrant. Stir through the chicken pieces, oyster mushrooms, tomato and stock.
2. Transfer to a large oven safe casserole dish (or slow cooker dish).
3. Cover and cook on medium heat for 20-30 minutes or until chicken is cooked through and sauce thickens slightly (alternatively, cook in slow cooker on high for 4 hours or low for 8 hours).
4. Just before serving add olives, fresh basil or parsley and season with salt as desired. Serve with mashed potatoes, cooked rice or a low FODMAP pasta.

Nutrition Information (per serve)	
Energy	1445 Kj / 345 cal
Protein	26.60g
Carbohydrates	13.70g
Sugar	12.00g
Total Fat	18.20g
Saturated Fat	4.30g
Fibre	8.20g