



Low FODMAP Creamy Potato Bake with Manchego Cheese & Jalapeños

Serves: 6

Prep: 20 minutes

Cook: 2 hours



Stack Cup

Ingredients	Metric	Imperial
3 large washed potatoes, scrubbed, sliced 3mm thick (a mandolin is useful)		
¾ cup low fat milk (lactose free if required)		
¾ cup thickened cream		
1 tbsp Dijon mustard		
¾ tsp garlic infused oil	0.01 g	
salt (to taste, see tip below)		
½ tsp cracked black pepper (to taste)		
½ cup green onion tops, finely sliced		
1 tsp smoked paprika		
½ tsp dried oregano flakes		
¼ cup pickled jalapenos, finely sliced (optional)		
½ cup finely crumbled or grated Manchego cheese + ⅓ cup for the topping		
Olive oil spray for the baking dish		

Method

1. Combine all the ingredients except potatoes and the extra Manchego cheese in a large bowl. Add the potato slices and mix well.
2. Press the potatoes in a large lightly oiled baking dish (preferably one with a lip), taking care with the top layer to ensure it is flat, compressed and almost covered with the cream mixture. Cover the tray with non-stick cooking paper then aluminium foil and seal the edges as much as possible.
3. In a preheated 170°C/338°F oven, bake for 1 hour 20 minutes, then remove the paper and foil and scatter the remaining cheese on top.
4. Cook, uncovered, at 160°C/320°F for a further 30 minutes or until the cheese is nicely golden and potatoes are easily pierced with a skewer. Rest for 5 minutes then score the top into portions. Serve immediately.

Serving Suggestions:

This potato bake goes very well with lean proteins such as chicken, fish, lamb or beef and a low FODMAP salad such as the Mexican slaw found in our app.

Hints

- You can make this ahead of time (e.g. the day before) up to just after the initial 1h 20m cook. Leave the dish covered and refrigerate. Proceed with the cooking Step 4) but first warm the still covered potato bake in a 170°C/338°F preheated oven for 30 minutes.
- *Be careful if you decide to add salt as both Manchego and jalapenos are salty. Serve in a bowl for easier eating.

Nutrition Information (per serve)	
Energy	1210 Kj / 289 cal
Protein	8.30g
Carbohydrates	22.70g
Sugar	4.40g
Total Fat	18.90g
Saturated Fat	11.70g
Fibre	2.20g