

Pollo Dorado with Lemon Poblano Sauce

Serves: 2

Prep: 35 minutes

Cook: 15 minutes

Stack Cup



This is a Monash University Low FODMAP Certified™ recipe by FODifyIt!.

Ingredients	Metric	Imperial
2 tbsps low FODMAP garlic-infused oil, made with canola oil	27 g	0.95 oz
2 medium fresh poblano peppers, roasted and prepped, rough chopped	90 g	3.2 oz
½ cup fresh, medium packed cilantro leaves, some stems are okay	6 g	0.2 oz
4 scallions, green parts only, rough chopped	60 g	2.1 oz
¼ cup unsweetened, plain almond milk	59 g	2.08 oz
2 tbsps plain dairy-free, unsweetened coconut yoghurt	36 g	1.27 oz
Juice of 1 lemon	63 g	2.2 oz
½ tsp ground cumin	1 g	0.04 oz
¼ scant tsp fine sea salt	1 g	0.04 oz
¼ scant tsp fresh ground black pepper	0.4 g	0.01 oz
2 chicken breasts, boneless skinless	550 g	19.4 oz
½ cup low FODMAP gluten-free all-purpose baking flour, containing xanthan gum	74 g	2.6 oz
1 tsp fine sea salt	5 g	0.18 oz
½ tsp fresh ground black pepper	0.9 g	0.03 oz
1 large egg	35 g	1.2 oz
25 regular style corn tortilla chips, gluten-free, blended into coarse crumbs in a food processor (makes approx. 1 cup)	75 g	2.6 oz
3 tbsps canola oil	45 ml	1.5 fl oz
Cooking spray oil		
Fresh cilantro, finely chopped for garnish		

Method

Sauce

1. Use a medium non-stick skillet to make the garlic infused oil as instructed on page 50. Once the garlic bits are removed, leave the oil in the pan off the heat.
2. Place the poblano meat, cilantro, scallion greens, almond milk, yogurt, lemon juice, cumin, salt and pepper into a blender. Purée for 1 minute until smooth with tiny bits of

herbs showing. Place the skillet with oil over medium heat. Pour in the sauce and stir until warm and just bubbly. Remove from heat and cover with a lid to keep warm.

Chicken

3. Preheat oven to 425 F / 220 C
4. Butterfly the chicken by placing your hand flat on top of one breast and cut into the side lengthwise to divide in half, stopping at 1-inch (2.5 cm) before slicing all the way through. Open the fillet flat and it will be heart-shaped. Repeat for the second breast. Cut away any fatty pieces. Make sure your knife is nice and sharp, otherwise the meat will shred as you slice into it (speaking from experience here).
5. Set up your dredging station in 3 shallow bowls or pie pans as follows:
 - 1 – Mix the flour with salt and pepper in the first pan and whisk to mix.
 - 2 – Beat the egg in the second pan.
 - 3 – Pour the tortilla chip crumbs into the last pan.
6. First, dredge the breast in the flour to coat completely. Shake off any excess. Then dredge in the beaten egg, again covering completely. Finally, coat in the chip crumbs using your hands to push the crumbs into the breast for maximum coverage. Repeat for second breast.
7. Grease a small, rimmed baking sheet with canola oil. Place the chicken on the pan and coat the tops lightly with cooking spray oil. Bake for 10 minutes. Flip with a spatula. Bake 10 minutes longer until golden crisp and done, showing no pink in the centers. Timing will vary according to the thickness and temperature of your chicken. If the sauce has cooled, place it over medium high heat until it's just bubbly and warmed through.
8. Pour half of the sauce onto a dinner plate. Top with a golden chicken breast. Sprinkle with cilantro. Repeat for the second plate. Serve immediately.

Hints

These golden chicken fillets also make great sandwiches. Or, slice them into strips to serve over a salad. For the sauce, the dairy-free yogurt I prefer has a creamy coconut base that gives only the slightest hint of coconut flavor. If you are able to tolerate, use a lactose-free or conventional cow's milk plain yogurt.

Note:

Although chiles (chillies) are generally low in FODMAPs, some people with IBS may be sensitive to the capsaicin they contain. Capsaicin is a natural compound that gives chiles their spicy quality. You may need to limit how much chile you eat if your IBS symptoms are triggered by spicy food.

Nutrition Information (per serve)	
Energy	4174 Kj / 998 cal
Protein	70.24g
Carbohydrates	52.27g
Sugar	3.83g
Total Fat	53.84g
Saturated Fat	10.97g
Fibre	10.50g