

Low FODMAP Easy Salmon and Potato Gratin

Serves: 2

Prep: 5 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
White potatoes, peeled	200 g	7 oz
Canned salmon, drained	90 g	3.2 oz
2 tbsp creamed corn, canned	32 g	1.1 oz
2 tbsp Japanese mayonnaise	24 g	0.85 oz
1 tbsp almond milk	15 g	0.53 oz
1 tsp wholegrain Dijon mustard	6 g	0.21 oz
½ tsp dried oregano	1 g	0.04 oz
Mozzarella cheese, shredded	30 g	1.06 oz
Canola oil (as needed)		
Salt, to season		
Pepper, to season		

Method

1. Preheat the oven to 180°C (356°F).
2. Peel the potatoes and slice them into 3mm thick half-moon shapes.
3. In a large bowl, mix together all ingredients except the potatoes and shredded cheese. Add the sliced potatoes to the mixture and combine thoroughly, ensuring the potatoes are well coated.
4. Lightly grease a heat-resistant baking dish with oil. Transfer the potato mixture into the dish, spreading it evenly. Sprinkle the shredded pizza cheese over the top.
5. Place the dish in the preheated oven and bake at 180°C for approximately 13 minutes. Check for doneness by inserting a fork or skewer into the potatoes; they should be tender. Once the potatoes are soft and the cheese is melted and golden, remove from the oven.
6. Allow to cool slightly before serving. Enjoy your creamy salmon and potato gratin!

Hints

- Note: Cooking times may vary depending on your oven and the thickness of the potato slices. Ensure the potatoes are cooked through before serving.

Nutrition Information (per serve)	
Energy	1249 Kj / 299 cal
Protein	17.40g
Carbohydrates	16.20g
Sugar	1.50g
Total Fat	17.80g
Saturated Fat	4.30g
Fibre	2.00g