

Low FODMAP Festive Thanksgiving or Christmas Stuffing

Serves: 10

Prep: 5 minutes

Cook: 1 hour 20 minutes



Ingredients	Metric	Imperial
½ cup butter, salted	120 g	4.2 oz
10 slices low FODMAP bread, torn into small pieces	650 g	22.9 oz
½ cup olive oil	125 g	4.4 oz
3 tsp garlic-infused olive oil	14 g	0.5 oz
Turkey mince	500 g	17.6 oz
1 cup spring onion, green tops only	50 g	1.8 oz
1/2 fennel bulb, finely diced	90 g	3.17 oz
1 eggplant, finely diced	200 g	7 oz
2 tsp low FODMAP chicken stock powder	8 g	0.3 oz
1 tsp ground black pepper	2 g	0.07 oz
Dry white wine	100 g	3.5 oz
Parsley, finely chopped	30 g	1 oz
2 tbsp fresh sage, chopped	5 g	0.2 oz
2 tbsp thyme leaves, finely chopped	5 g	0.2 oz
3 eggs, lightly beaten	175 g	6.2 oz
1 cup water (you might need extra to moisten the stuffing prior to cooking)	250 g	8.8 oz

Method

1. Spread bread pieces on a lined oven tray and dry overnight in a very low 50°C/122°F oven, then cool.
2. Heat oils and butter in a large pan over medium-high and sauté fennel and eggplant for about 10 minutes. Increase the heat to high and add the turkey and break up into rough chunks and lightly browned. Add wine, herbs, spring onion tops, stock powder and pepper and reduce for about 5 minutes while stirring. Remove from heat and cool for about 10 minutes.
3. Combine all the ingredients and gradually add in water to thoroughly moisten bread pieces then rest for about 10 minutes (you might have to add more water).
4. Preheat oven to 180°C/350°F and place stuffing in a lightly oiled baking dish that has a lip and cover tightly with baking paper then foil. Bake for about 35 to 40 minutes. Increase the oven temperature to 220°C/420°F, remove the foil and paper and bake for a further 10 minutes or until it is nicely browned.
5. Note, this stuffing can be made up to 4 days ahead of time. The best way to reheat it is in the microwave. It can also be portioned and frozen.

Hints

- You can add some chopped pecans or walnuts to replace the mince.
- Why not use other low FODMAP vegetables of your choice like capsicum, carrots, celeriac etc.

Nutrition Information (per serve)	
Energy	1980 Kj / 473 cal
Protein	22.70g
Carbohydrates	25.00g
Sugar	3.00g
Total Fat	29.90g
Saturated Fat	9.90g
Fibre	2.80g