



Chicken Cottage Pie

Serves 4

2 medium potatoes (200 g)
400 g chicken fillets, cut into small cubes
30 ml flour (2 T)
10 ml Cajun Spice (2 t)
10 ml butter (1 T)
30 ml canola oil (2 T)
1 small onion, chopped
250 g mushrooms, thickly sliced
10 ml chicken stock powder, low sodium (1 t)
125 ml hot water ($\frac{1}{2}$ c)
100 ml medium fat milk (2/5th c)
15 ml tomato paste (1 T) or 30 ml tomato puree (2 T)
finely snipped chives to garnish
125 g butter beans ($\frac{1}{2}$ x 410g) tin
grated nutmeg
2.5 ml salt (1/2 t)

1. Peel the potatoes and cut into cubes.
2. Boil for 10 minutes while making the pie filling (or microwave on high for 6 minutes).
3. Mix the flour and Cajun spice in a soup plate and toss the chicken cubes lightly in this mix to coat lightly.
4. Heat a dry frying pan over high heat. Add the butter and oil and briefly brown the chicken in two batches.
5. Work quickly and do not cook the chicken right through.
6. Remove the chicken with a slotted spoon and keep on the side.
7. Add a little water to the pan and stir-fry the onion until golden.
8. Add the sliced mushrooms and stir-fry for a minute or two.
9. Sprinkle with the chicken stock powder, and add the 125 ml water and the 100 ml milk.
10. Bring to the boil to thicken the sauce while scraping the pan to loosen all the brown bits.
11. Add the tomato paste or tomato puree.
12. Add the cooked chicken with any juices that might have leaked out.
13. Heat through. If the sauce is too thick add 2-4 tablespoons of water.
14. Stir in the snipped chives and spoon into a pie dish.
15. Liquidize the drained butter beans with 30 ml medium fat milk (2 T) until smooth.

16. Add the cooked potato cubes and whiz until just mixed.
17. Stir in a little grated nutmeg and the ½ t salt (2.5 ml).
18. Spoon mash over the chicken pie filling.
19. Bake under a hot grill for 5 – 7 minutes until the potato topping starts turning brown.
20. Serve with a large green salad, or two cooked vegetables to make a balanced meal.

NUTRIENTS PER SERVING (350 g)

Energy	1374 kJ
Protein	29.1 g
Carbohydrates	20.6 g
Total sugars	2.9 g
Added sugar	0.0 g
Total Fat	12.4 g
Saturated fat	2.9 g
Fibre	4.7 g
Sodium	724 mg

One serving is equivalent to 1 carbohydrate, 4 protein and 1 vegetable.

Dietitian notes:

Adding the liquidized butterbeans to the mashed potato, and whizzing them in a food processor with a dash of nutmeg, makes yummy mash and adds the necessary fibre for those troubled tummies.

Super sensitive tummy notes:

This recipe may not be suitable for those in the elimination phase of the low FODMAP concept as it contains onions, mushrooms and butter beans. However, adaptations can be made as follows:

- Rather use baby marrow instead of mushrooms
- Rather use the green tops of spring onions instead of onion
- Rather use tinned lentils instead of the butter beans

Worried about the lactose content?

Lactose may aggravate IBS symptoms in a few people at levels of more than 12 g lactose per day for those who are sensitive to lactose. However, each person has their own tolerance level for lactose. In this recipe, each serving of this meal contains only 1.2 g lactose from the milk. Thus the small amount of lactose in this pie should not affect most troubled tummies.