



MINI CHICKEN CASSEROLES

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low Disaccharide

Prep time: 15 mins

Cook time: 40 mins

Serves: 4

INGREDIENTS

- 2 tbsp coconut oil
- 500g chicken breast or thighs, cubed 1cm
- 1 cup spring onions, thinly sliced
- 1 large zucchini, finely chopped
- 2 stalks celery, finely chopped
- 1/2 cup cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 cups chicken stock (or stock cube and water)
- 2 tbsp coconut flour
- 1 cup coconut milk
- 1 tsp tumeric powder
- salt and pepper to taste



• **TOPPING**

- 1 cup almonds, roughly chopped
- 1 tbsp olive oil
- 1 tsp heaped dried mixed herbs
- 1/4 tsp salt

METHOD

- Preheat oven to 180°C.
- Heat oil in pan, add chicken and tumeric and brown while stirring (approx 5 mins)
- Add onions, zucchini, celery and garlic and brown, (another 5-7 minutes) while stirring.
- Add tomatoes, salt and pepper, and stir until cooked, approximately 12 minutes.
- Combine coconut milk and coconut flour until smooth and add to chicken and vegetables.
- and cook for another 15 minutes until thickened.
- Pour into ramekins.
- Combine topping ingredients in a bowl and sprinkle over chicken mixture.
- Bake in oven for 15 minutes, until browned.
- Delicious served with my **seed bread**..