



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 60 mins

Serves: 4

INGREDIENTS

- 2 chicken breasts, cut into bite size pieces
- 1 tbsp coconut oil
- 2 cloves garlic, crushed
- 4 spring onions, sliced thinly
- 3 ribs celery, sliced thinly
- 100g broccoli, cut into florets
- 1 tsp salt
- 1 tsp smoked paprika
- 2 tsp coconut amines

METHOD

- Preset oven to 180°C (350°F)
- In large pot, add cauliflower and bring to the boil.
- Reduce heat, and simmer for 15-20 minutes until very soft.
- Drain, keeping liquid aside for later use.
- In blender, place cauliflower, spring onion and 1/2 cup cauliflower water.
- Blend until very smooth and creamy, set aside.
- Heat oil in pan on stove top, add garlic, paprika, coconut amines, spring onions, celery and capsicum.
- Saute for 4-5 minutes while stirring occasionally.
- Add chicken pieces, and cook for 10-15 minutes covered, until browning, stirring occasionally.
- Remove lid and cook several minutes, to reduce liquid and remove from heat.
- Add cauliflower sauce to chicken mixture, and mix well.
- Divide into 4-6 ramekins, or individual baking dishes.
- Make pastry by placing coconut flour, egg and coconut oil in mixer bowl.
- Mix well and add 1 tbsp hot cauliflower water. Mix again.
- Divide pastry dough into equal parts to cover ramekin tops.
- Roll pastry out and cut shapes for top of pies. (I made stars)
- Glaze with egg whites if desired, and place in oven for 20-30 minutes, until tops are golden and crisp.
- Serve hot with *seed bread* or a salad.

CHICKEN POT PIES



- **CREAMY SAUCE**
- 1 head cauliflower, broken into florets
- 3 cups chicken stock, ensure gluten free
- 1 spring onion
- **PASTRY**
- 6tbsp coconut flour
- 1 egg
- 1/3 cup coconut oil, melted
- 2 tbsp cauliflower liquid
- egg white to glaze pastry (optional)