

LOW FODMAP

GLUTEN FREE

CHICKEN POT PIE



RUSTIC CHICKEN POT PIE



Recipe by Alana Scott, [A Little Bit Yummy](#)

Did someone say pie with chicken soup filling? This is my idea of heaven. It's not too fancy... but it is hearty and wholesome and absolutely delicious.

DIRECTIONS

Prep: Preheat the oven to 220°C (425°F) bake function.

Poach the chicken: Place the chicken breasts in a large frypan, cover half way with water. Over high heat bring to a boil, then turn down the heat and simmer for 15 minutes. Flip the chicken and simmer for 10 minutes. Once the chicken is cooked through, shred with a fork.

Make the scones: Place the flour, baking powder, sugar, and salt into a large bowl and whisk together. Grate the butter or spread and work it into the flour mixture using your hands. Add the milk and mix gently, work through the mixture with a fork. Using your hands, bring the mixture together, and then shape into 8 balls. Then flattened into 0.8 inch thick circles.

Make the filling: Melt the butter or spread into a large frypan or dutch oven. Add the rosemary, chopped leek and carrot, then sauté for 5 minutes until fragrant. Sprinkle over the flour and cook for 2 minutes. Slowly stir in the milk and stock, allowing the mixture to thicken with each splash. Once the mixture is thick (like soup), add the shredded chicken, zucchini and green beans. Season generously with salt (don't skimp here), black pepper, and lemon juice. If your mixture looks too dry add another splash of boiling water or stock.

Bake: Arrange the scones on top of the filling and brush with a little bit of butter or milk (this will help them brown). Bake for 15 to 20 minutes until hot and bubbly and the biscuits are cooked through. Word of warning here - you might want to pop a tray under the dutch oven or pan in case the pie spills over!

Serve: Allow to cool for 5 - 10 minutes, then serve.

COOK TIME: 1 hour 5 mins

SERVES: 6

INGREDIENTS

SCONE TOPPING

2 cups gluten free all purpose flour

3 tsp gluten free baking powder

1 tbsp white sugar

1/2 tsp salt

3.2 oz dairy free spread or butter (needs to be super cold)

3/4 cup milk (low FODMAP if needed)

CHICKEN POT PIE FILLING

1.3 lb chicken breast fillets

4 tbsp dairy free spread or butter

4 tbsp gluten free all purpose flour

1 tsp fresh rosemary (chopped)

1 1/2 cup leek (green leaves only, finely chopped)

2 large carrot (thinly sliced into rounds)

6.5 oz zucchini (grated)

2 cups milk (low FODMAP if needed)

1 1/2 cups gluten free chicken stock/vegetable stock (low FODMAP if needed)

2 cups green beans (chopped into pieces)

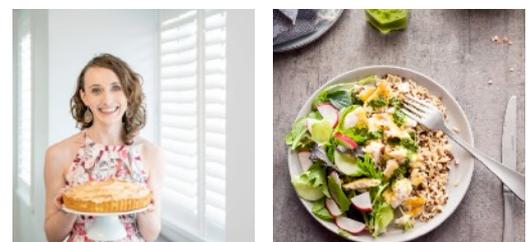
1 tbsp lemon juice

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