

CASHEW & CHOKO CHICKEN BAKE

Gluten Free, Dairy Free, Low salicylate

Serves ~4

Premade ingredients

- Cashew bechamel sauce*
- Elimination stock for the bechamel**

Ingredients:

2-3 cups cashew bechamel sauce
1 large choko
500g chicken mince
½ leek, finely chopped
1 clove garlic, crushed
2 stalks of shallot, thinly sliced
¼ cup chopped parsley
Salt to taste
1 cup bamboo shoots, chopped
Rice bran oil for cooking



Method:

Preheat the oven to 180°C.

- In a fry pan cook the chicken mince in some oil for about 5 minutes
- Add in the leek, shallot and garlic and continue cooking until the meat is cooked through
- Stir through the salt, parsley and bamboo shoots to combine
- Meanwhile peel the choko, quarter it to remove the seed.
- Thinly slice each quarter. These will be placed between the layers
- Steam or microwave the choko until just soft

To assemble

- Place half the chicken mixture in the bottom of the cooking dish
- Place a third of the cashew bechamel sauce over this chicken layer
- Place half of the choko on top of that
- Repeat:- chicken, cashew bechamel, choko
- Spread the remaining cashew bechamel on the top layer
- Cover loosely with foil and bake for 35 minutes.
- Take off the foil and bake a further 10 minutes to brown the topping

Serve with vegetables of your choice

This is suitable to freeze



* <https://glutenfreenutrition.com.au/elim-cashew-bechamel-sauce/>

** <https://glutenfreenutrition.com.au/vegetable-stock/>