

Chicken Lasagne (Serves 4)

Ingredients

500g chicken breast, finely chopped – check fat exchange list for fat content

1 large onion, finely diced

2 cloves of garlic, crushed or sliced

115g leeks, finely sliced

2 tablespoons MCT Oil

600ml skimmed milk

2 tablespoons corn flour

1 vegetable stock cube – check fat content on label

115g mushrooms, diced

1 tablespoon fresh tarragon

6-8 lasagne sheets (the type not containing egg)

Method

1. Preheat the oven to 350°F/ 180°C/ Gas Mark 4.
2. Combine the chicken, onion, garlic and leeks in a large frying pan or saucepan, and cook in the oil stirring regularly over a moderate heat for 10 minutes.
3. To make the sauce add a little skimmed milk to the corn flour to make a smooth paste. Gradually add the remaining milk.
4. Place in a saucepan and add the stock cube, mushrooms and tarragon.
5. Heat whilst stirring until the sauce thickens and is smooth.
6. In an ovenproof dish spread a third of the chicken mixture, spoon over some of the sauce and cover with lasagne sheets. Repeat layers until all ingredients are used up, finishing with a sauce layer (make sure all pasta is covered by the sauce).
7. Bake in a preheated oven for 45 minutes.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics

National Centre for Inherited Metabolic Disorders