

Chicken and Roast Vegetable Pasta Sauce



Serves	4
Prep time	15 minutes
Cook time	10 minutes
Total time	25 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 185ml light evaporated milk (or use approximately 150g light sour cream (amines) or light smooth ricotta)
- 1 cup left over roast chicken (roughly chopped)
- 2 cloves garlic (crushed)
- 2 spring onions (finely chopped)
- Sunflower oil
- 1 1/2 cup left over roast vegetables (e.g. potato, swede and beans for low chemical or carrot, sweet potato, pumpkin, parsnip for moderate salicylates.)
- Water

Directions

1. Place the left over vegetables in a food processor and process until pureed. Add the evaporated milk / sour cream / ricotta and process through. Continue processing and add enough water to make a sauce consistency.
2. Fry the spring onions and garlic in a little bit of oil until soft. Add the chicken and heat through.
3. Add the sauce to the chicken and stir through until heated.
4. Serve the sauce with your favourite pasta.



Note

Quantities can be varied, depending on the amount of leftovers you have.

Low chemical / Failsafe, Moderate Salicylate, Moderate Amines