

Chicken and Sweet Potato Lasagna



Serves	4-6
Prep time	1 hour
Cook time	50 minutes
Total time	1 hour, 50 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Moderate Chemical
Meal type	Lunch , Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot
Occasion	Casual Party

Ingredients

- canola oil spray
- 600g sweet potato (peeled, cut into 1-2cm pieces)
- 200g parsnip (cut into 1 - 2cm pieces)
- 200g carrots (cut into 1-2cm pieces)
- 2 tablespoons sunflower oil
- Sea salt
- Lasagna sheets (fresh or oven ready, enough for 3 layers)
- 400g chicken breast fillets, skinless (minced or finely diced)
- 3 cloves garlic (finely chopped)
- 2 spring onions (finely chopped)
- 2 cups Chicken stock (refer to Stock page)
- 375g light smooth ricotta
- 1 egg
- 1 cup light cream cheese crumbled or mild yellow cheese grated (amines)
- 1 tablespoon plain white flour
- Salt

Directions

1. Preheat the oven to 190°C.
2. Place the sweet potato, carrot and parsnip on a lightly greased baking tray, drizzle with oil and season with sea salt. Roast for 25 minutes or until the sweet potato is tender. Allow to cool slightly.
3. Brown the chicken in a non-stick frying pan with the garlic and spring onions, add 1/2 cup chicken stock. Heat the stock, but don't allow it to evaporate.
4. Mix the flour with 1 cup of stock and add to the frying pan. Bring to the boil then allow to simmer until thick. Season with salt.
5. Puree the vegetables in a food processor, add 1/2 cup stock and blend. Set aside.
6. Combine the ricotta, egg, cheese and a pinch of salt.
7. Lightly grease a 20cm-square baking dish. Lay lasagna sheets over the base and spread with the pureed vegetables. Add another layer of lasagna sheets, then spread with the chicken mixture. Add a final layer of lasagna sheets then spread the ricotta mixture over the top.
8. Lay a sheet of baking paper over surface, cover with foil and bake for 35 minutes.
9. Uncover and bake for a further 15 minutes or until golden. Stand for 5 minutes before serving.

Note

Moderate Salicylate, Low/High Amines, Low Glutamates

Refer to [the Stock page](#) for how to make chicken stock.