

Chickpea and Chicken Casserole (Slow Cooker)



Serves	4-6
Prep time	20 minutes
Cook time	8 hours
Total time	8 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Main Dish
Misc	Child Friendly , Freezable , Serve Hot , Slow Cooker

Ingredients

- 600g skinless chicken breast fillets
- 1/2 Large leek
- 2 teaspoons minced garlic
- 1 tablespoon sunflower oil
- 1 Large carrot
- 1 Medium zucchini
- 1 can chickpeas (400g, rinsed and drained)
- 200g pak choi (leaves and stem, washed)
- 1/2 teaspoon salt
- 1/2 teaspoon citric acid
- 1 pear (peeled and chopped)
- 3 Medium potatoes (peeled and chopped)
- 4 cups water

Directions

1. Heat the oil in a large frying pan over medium heat and cook the garlic and leek until soft.
2. Add the chicken and cook until browned.
3. Add the chicken, leek and garlic to the slow cooker and add in all the remaining ingredients. Add extra water if the vegetables aren't covered.
4. Cook on low for about 8 hours.
5. Serve with cous cous or rice.



Note

Moderate Salicylates, Low Glutamates, Low / High Amines

Note: the amine levels in meat increase with longer cooking times. If amines aren't tolerated this stew can be made in a large saucepan on the stove top or in the oven in a casserole dish with a much shorter cooking time. Skip step 2 to brown the chicken and put it straight into the saucepan or casserole dish.