



Chicken Pot Pie

Adapted from www.Healthfulpursuit.com

Ingredients:

2 teaspoon coconut oil or ghee
2 garlic cloves, chopped
2 small onions, diced
2 ribs celery, diced
2 carrots, diced
½ cup peas
¼ cup mushrooms
1 whole breast of chicken (chopped small)

Cream Sauce

1 head cauliflower (approximately 3 cups florets)
3 cups gluten-free chicken stock
½ teaspoon onion salt

Grain-free Pastry

6 tablespoons coconut flour
1 egg
¼ cup room-temp coconut oil or ghee
1 tablespoon hot reserved cauliflower broth
2 tablespoons egg white

Instructions

Preheat oven to 350F.

Add the coconut oil or ghee, garlic, onions, peas, mushrooms, celery and carrots to a large frying pan. Sauté on medium heat while you cut up the chicken breasts into small, bite-sized pieces. Add chicken to the pan. Cover and cook until no longer pink, about 10 minutes.

Remove the cover and cook for 2 minutes to allow the juices to boil off. If there are still juices, drain and replace in pan. Set aside.

Meanwhile, add cauliflower, chicken stock and onion salt to a large saucepan. Bring to a boil, reduce heat to simmer and simmer for 15 minutes, or until cauliflower is very tender.

Drain the cauliflower, reserving the liquid in a separate bowl.

Add $\frac{1}{3}$ cup of reserved liquid to the jug of your high-powered blender with drained cauliflower. Blend until very smooth.

Pour cream sauce over cooked vegetables and meat. Stir to combine, then transfer to 6 small ramekins.

Meanwhile, prepare the pastry by adding coconut flour, egg, and coconut oil to your stand mixer, or to a bowl and mix with a hand mixer.

Once mixed well, add hot reserved cauliflower broth. This will help melt the coconut oil completely.

Separate the dough into 6 equal parts. Taking one part at a time, transfer to a piece of parchment paper, cover with a second piece of parchment and roll until about $\frac{1}{8}$ -inch thick. Cut a circle out of the rolled dough, carefully peel from the parchment, transferring to the tops of the ramekins. Poke the top with the end of a fork. Repeat with remaining dough. If you do not have 6 ramekins, use a very small casserole dish

When complete, place ramekins on a large baking sheet, brush the egg whites over top, and bake in preheated oven for 30 minutes, or until tops are golden and crisp (watch closely, it can dry out very quickly).