

# “CHEESY” CHICKEN & BROCCOLI BAKE

This is my reintro take on a recipe my friend Alo used to make years ago, when we worked together in the Channel Islands. The original contains condensed soup and milk, curry powder, mayo, and cheese—so you can see mine is loosely based on what was a rich meal, filled with processed foods. This much healthier version is pretty fine, too! Keep in mind that soaking the cashews for six hours beforehand will make them more digestible.

Preheat oven to 325°F (170°C, or gas mark 3). Put the chicken thighs in a Dutch oven so they fit snugly and pour over filtered water to cover. Bring to a simmer and poach for 12 minutes; then drain and set the thighs aside on a plate. Steam the broccoli for 3 to 4 minutes, or until just tender. Meanwhile, pour 1½ cups (375 ml) of the broth in a blender and add the remaining ingredients. Blend until you have a really smooth sauce. Pour into a medium pan and warm through, stirring to stop it from burning on the base of the pan and adding the remaining broth if needed. Taste and adjust the seasoning as needed. Line the Dutch oven with the broccoli. Sit the poached chicken on top and spoon the cashew mixture over the top. Cover and place in the oven for 30 minutes.

*No cashews  
USE Fish Sauce*

SERVES 4  
PREP TIME: 30 MINUTES,  
PLUS SOAKING  
COOK TIME: 45 MINUTES

8-8 boneless, skinless chicken thighs  
8 oz (225 g) broccoli florets  
1½ cups (435 ml) chicken bone broth  
2 cups raw cashews, soaked for 6 hours and rinsed well  
4 tablespoons (60 ml) lemon juice  
¾ teaspoon ground turmeric (for color)  
¾ cup plus 1 tablespoon nutritional yeast  
1 tablespoon Windfall Country Mustard (Stage 1; page 79)  
Pinch sea salt  
Pinch white pepper (Stage 1)

Cashew nuts	ATP COMPLIANT Use white sauce from Luxury Fish Pie with Turmeric Mash (page 140).	FREEZER-FRIENDLY Yes	LOW FODMAP Use white sauce from Luxury Fish Pie with Turmeric Mash (page 140).	COCONUT-FREE Yes
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