

Chicken Pot Pie with Crunchy Topping - Type A (NS)

Filling:

- 2 teaspoons olive oil
- 1 cup pearl onions
- 1 cup diced baby carrots
- 1 cup sweet peas
- 1 cup chopped okra
- 2 tablespoons oat flour
- 3¼ cups chicken broth
- 1½ pounds roasted chicken breast
- ¼ teaspoon saffron threads
- ½ teaspoon dry mustard

Topping:

- 2 cups diced Jerusalem artichoke
- 1 teaspoon olive oil
- ½ cup bread crumbs
- 2 tablespoons sesame seeds
- 2 teaspoons ghee, melted

Crust:

- Spelt or whole wheat store-bought crust (containing allowable grains)

Bread Crumbs:

- 4 slices of Spelt or Oat bread

Toast slices of bread and let cool. Pulse cooled toast in a food processor to form coarse crumbs. To add flavor, add dried herbs such as parsley, rosemary, thyme, sage, and/or basil.

Directions:

1. Preheat oven to 375 degrees.
2. Heat 2 teaspoons olive oil in a Dutch oven over medium heat. Sauté onions, carrots, peas, and okra for 5 minutes. Sprinkle flour over vegetables and add broth, stirring to prevent lumps. Add roasted chicken, saffron, and dry mustard, stirring to combine. Cover and let cook 15 minutes, stirring occasionally.
3. In a large skillet, heat 1 teaspoon olive oil over medium heat. Sauté Jerusalem artichokes for 3 to 4 minutes. Remove and toss with bread crumbs and sesame seeds. Drizzle with melted ghee.
4. Spoon chicken filling into spelt crust, and top with artichoke mixture. Place in the oven, and bake 25 to 30 minutes, until crust is brown and top is bubbling.
5. Serve warm.