

## Low FODMAP picnic loaf

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*Here's a great idea to liven up your everyday sandwiches.*

*This recipe used a Warburton's gluten free seeded sourdough artisan boule (purchased.) You could just as easily use a sourdough spelt loaf – this is available from artisan bakers.*



### Ingredients

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#### Serves 6

- 1 sourdough boule
- 1 lemon
- a few sprigs of lemon thyme
- 1 skinless chicken breast
- 1 roasted red pepper
- 1 teaspoon of grained mustard
- 2 teaspoons of extra light mayonnaise
- 100g of Brunswick ham
- young kale leaves (or rocket or green lettuce)
- 2 tablespoons of pine nuts
- 1 tablespoon of oil

## Method

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Cut a circular lid in the top of the cob

Mix the mustard and mayonnaise together

Remove the centre of the cob and crumb

Spread the mayo/mustard on the bottom of the cob

Layer the Brunswick ham on the top of the mustard

Layer the roasted pepper on the ham.

Layer the leaves on the top of this.

Layer sliced chicken on the top

Grate the lemon to produce zest

Add half the oil to the breadcrumbs, lemon zest, lemon thyme, pine nuts and roast at the top of a hot oven – watch this carefully as it can burn very easily.

Cool the breadcrumbs

Pack this in the top of the cob use the rest of the oil on the bottom of the lid.

Place the lid on the cob, wrap tightly in cling-film and refrigerate overnight.