

COMBINATION ELIMINATION SOUP GF DF Low

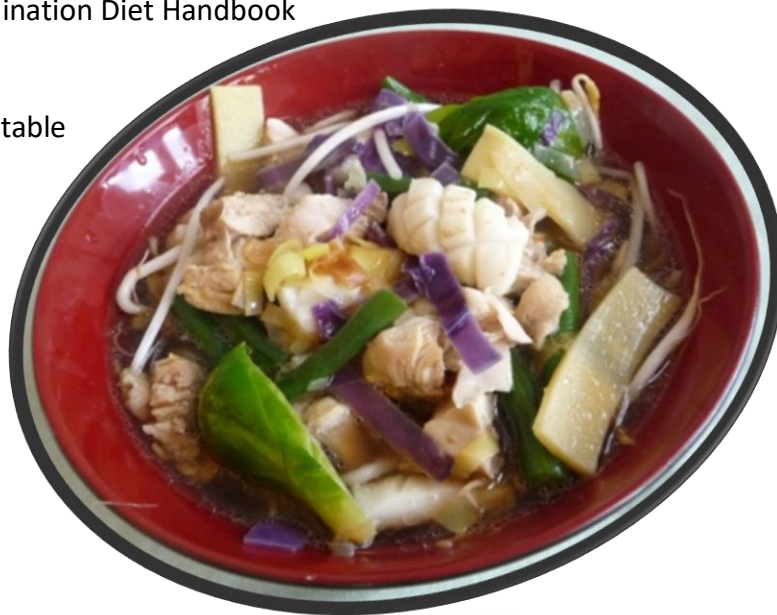
Gluten & Dairy free and Low Salicylate & Amine

Serves 4

*Stock recipe page 37 of the RPAH Elimination Diet Handbook

Ingredients:

- 4 cups premade elimination diet vegetable stock*
- 4 chicken thigh fillets
- 200g fresh calamari tubes cleaned
- Saffron threads
- 1 leek
- 1 can bamboo shoots, drained
- 4 Brussel Sprouts
- 200g green beans
- ¼ purple cabbage
- 2 cups beans sprouts
- Parsley
- 200g Rice noodle or rice vermicelli
- ½ shallot, finely sliced
- Canola oil (or other allowed oils)
- 4 serving bowls



Method:

- Cut each of the chicken thighs in half and place in a saucepan with the stock and about 10 saffron threads
- Cover with a lid and bring to the boil, then decrease the heat and simmer, with the lid on, for 15 minutes
- Wash the calamari tubes and cut each in half lengthways. lay them flat with the soft, fleshy part facing upwards. Score the fleshy part by cutting diagonal strip one way and the diagonally the other way to create a diamond shape. cut the tubes into small rectangles
- Halve the white section of the leek and dice it finely
- Place the rice vermicelli in a heat proof bowl and cover with boiling water. Let stand for 10 minutes
- Cut each Brussel sprout into quarters
- Top and tail the green beans and cut into about 3cm lengths
- Thinly slice the cabbage
- Heat a fry pan with canola oil and add the leek. Cook for about 1 minute
- Add the calamari tubes to the hot pan. They will curl and change to an opaque white colour. Cook for 2 minutes and remove from the stove. Place the calamari in a bowl to await the final preparation. Keep the leek in the fry pan, but remove from the heat
- When the chicken is cooked, remove it with a slotted spoon from the saucepan and place on a cutting board
- Add the leek and juices from the calamari into the stock from the chicken

- Add the green beans and boil for 3 minutes
- Cut the chicken into bite size pieces
- After the beans have cooked for 3 minutes add the cabbage, Brussel sprouts and bamboo shoots and boil for 1 more minute
- Drain the vermicelli noodle and place a $\frac{1}{4}$ into each of the 4 serving bowls
- Put $\frac{1}{2}$ cup bean sprouts and a small amount of sliced shallot into each bowl
- Add the vegetables from the saucepan (remove with slotted spoon), the chicken and calamari
- Finally pour the stock from the saucepan into each of the bowls to complete the soup