

ELIM BUBBLE & SQUEAK G DF Mod

Gluten containing, Dairy free, Moderate salicylate

Makes approx 25

Can be frozen

Ingredients:

5 large potatoes

¼ of a whole butternut pumpkin

1 egg

1/3 cup readymade mayonnaise (can be replaced by choko chutney or pureed choko)

1 Swede

215g small can of green peas (fresh if desired)

1 cup of thinly sliced cabbage

1 slice bread made into bread crumbs (or crush 4 weetbix)

½ cup plain flour

¼ cup chopped parsley

Salt to taste

Nuttalex or oil for cooking



Method:

- Peel the potatoes, pumpkin and Swede and cut into large pieces
 - steam, microwave, cook them until tender
- Drain the canned green peas
 - (if using fresh peas.....cook them until tender)
- When soft , strain the potatoes, pumpkin & swede and place into a large mixing bowl
- Add the egg and mayonnaise and mash everything together well
- Add the rest of the ingredients to the bowl, mix to combine and salt to taste
- Heat a fry pan on the stove
- You can use Nuttalex or oil to grease the pan before cooking the bubble and squeak
- Put a little flour on your hands, take about 3 tablespoons of the mixture and form patties out of the mixture
- Place them in the fry pan and flatten
- When golden, flip the patty over to brown the other side
- Take from pan
- Keep repeating the cooking process until all the mixture is gone

To Freeze:

In your freezer proof container, place grease proof paper between the layers of patties so they do not stick together. You can then remove the number of patties you need and put the rest back into the freezer.