

ELIM BUBBLE & SQUEAK GF DF Low FodF

Gluten free, Dairy Free, low FODMAPs

Makes approx 25

Can be frozen



Ingredients:

6 large potatoes

1 egg

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

1 Swede

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

1 cup of mung beans (bean sprouts) or bamboo shoots, chopped

4 stalks of chives, chopped

1 slice GF bread made into bread crumbs (or use rice crumbs or increase the GF flour if you do not have either)

½ cup gluten free plain flour

¼ cup chopped parsley

Salt to taste

Nuttalex or oil for cooking

Method:

- Peel the potatoes and cut into large pieces
 - Microwave, boil or steam them until tender
- Peel the swede and dice it into small pieces (e.g. 1 cm bits)
 - Microwave, boil or steam them until tender
- drain the canned green beans
 - (if using fresh beans. Dice them small like the swede & cook until tender)
- Strain the potatoes when soft and place into a large mixing bowl
- Add the egg and mayonnaise and mash potatoes well
- Add the rest of the ingredients to the mashed potato and salt to taste
- Mix everything together until combined
- 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 GF plain 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.