

ELIM MINCE GF DF Low

Gluten Free, Dairy Free, low Salicylate



Ingredients:

500g mince

½ leek finely chopped

2 tablespoons pear or choko chutney (pages 35 or 49 in booklet)

1 clove garlic

½ choko pureed (precooked to soften before pureeing) **OR** ½ cup homemade stock

1 stalk finely chopped celery

(celery can be replaced with cabbage, or Brussel sprouts to vary recipe)

Canola/Rice /Sunflower or Safflower oil

Salt

Method:

Heat a fry pan and add the oil

Brown the mince with the garlic and leek

Add the pureed choko (or stock), celery (or vegetable), chutney and salt

Cook until vegetables have softened and the liquid has reduced

Serving suggestions:

- Over pasta (gluten-free or wheat varieties as allowed)
- Use as a base to Shepherd's Pie
- Use as a mince for a 'Elim Lasagne'
- Serve over GF or wheat toast as allowed
- Served wrapped inside rice paper, pancakes or homemade GF wraps