

ELIM MINCE GF DF Mod

Gluten Free, dairy Free, Moderate salicylate

Ingredients:

500g mince

½ leek finely chopped

½ carrot, grated

½ fresh beetroot, grated

2 tablespoons pear chutney 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, Bok Choy, Brussels sprouts or peeled grated zucchini to vary recipe)

Canola/Rice/Sunflower or safflower oil

Salt to taste

Method:

- Heat a fry pan and add the oil
- Brown the mince with the garlic and leek
- Add the carrot, beetroot, celery, pureed choko (or stock), chutney and salt
- Cook until vegetables have softened.

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

