

ELIM PASTA BAKE GF DF Mod
Gluten Free, Dairy Free, Moderate Salicylate
Serves 4-6 people

Ingredients

800g minced beef
1 leek finely chopped & 1 clove garlic, crushed
1 grated carrot
1 peeled and grated zucchini
½ cup pear or choko chutney (pages 35, 49)
½ cup homemade stock
4 tblsp milk free margarine
1/3 cup GF plain flour / cornflour
~3 cups soy/rice/potato milk
1 egg
250 g gluten free pasta spirals, macaroni or penne (NB:



San Remo has a little soy)

Method:

Preheat the oven to 180°C.

Grease a cooking pan with dimensions roughly 30cm x 20cm

Preparing the pasta

- Boil a large pot of water on the stove for the pasta
- When the water is boiling add the pasta and cook for 8-10 minutes (see manufacturer directions) or until you feel it is ready, strain the pasta when cooked

Preparing the meat

- Brown the mince in a large saucepan with the garlic and leek
- Add the carrot, zucchini, stock and chutney
- Simmer until the vegetables are soft and the meat is cooked through (salt to taste)

Preparing the white sauce

- In a small pot on the stove melt the margarine
- Add the GF flour/cornflour and stir until combined
- Cook for a further 30 seconds before adding the milk alternative
- Add a small amount of milk alternative (~1/4 cup) and mix together

Keep adding small amounts and stirring to combine this before adding the next milk (It will look curdled and bubbly like it's ruined but keep stirring well and eventually it will all come together like a white sauce

- Stop adding 'milk' if you think the sauce is getting too thin

Putting it together

- In a large mixing bowl place the mince mixture, pasta and HALF the white sauce
- Mix until well combined and place mixture in the cooking pan
- Add the egg to the rest of the white sauce and beat it in well
- Spread this mixture over the top of the pasta bake
- Bake in the oven for about 45 minutes or until topping is lightly golden