

LAYERED MINCE LOAF GF D Low

Gluten Free, Dairy Containing,
Low Salicylate

Ingredients:

500g minced meat
1 leek
1 clove of garlic
½ cup homemade stock
2 choko's
375g ricotta cheese (fresh, no
preservatives)
1 egg
1 tablespoon GF flour, cornflour or
wheat flour if you can have it
Loaf baking dish
Pre heat oven to 180° C.



Method:

- Cook the mince in a pot on the stove.
- Add the minced garlic clove and the diced leek and cook till leek is soft
- Add the stock and cook until the liquid is reduced
- In a small bowl, beat together the ricotta cheese, egg and the flour of choice
- Peel and core the choko's. Slice them thinly, lengthwise.
- Spread a little oil on the base and sides of your cooking dish.
- Layer a third of the choko's on the bottom of the dish.
- Cover this with half of the meat mixture
- Cover this with half the cheese mixture
- Repeat the layering ending with the cheese on top
- Cook in a moderate oven for 45 minutes.
- Let it stand for 5 minutes before serving.