

LAYERED MINCE LOAF GF D Mod

Gluten Free, Dairy Containing,
Moderate Salicylate

Ingredients:

500g minced meat

1 leek

1 carrot grated

1 zucchini, peeled and grated

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, the diced leek, carrot and zucchini and cook until the vegetables are 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.