

MINCE NOODLE STIRFRY GF DF Low FodF
Gluten Free, Dairy Free, low Salicylate & low FODMAPs
Serves 4-6

Ingredients:

½ of a 250g packet of rice vermicelli (noodle or bean thread)
3 eggs, lightly beaten
500g minced beef
½ cup choko chutney
½ cup prepared homemade stock
200g green beans, sliced into 4cm pieces
1 small can (200g) of bamboo shoots, drained
1 cup of bean sprouts
¼ cup parsley leaves chopped
4 shallot; green ends only, sliced into 4cm pieces
Salt if desired
Appropriate oil



Method:

Preparing the noodles:

- Place the rice noodle in a large bowl and cover with boiling water.
- Stand about 5 minutes, or until tender and then drain.
- They can be cut into smaller lengths using scissors if desired.

Preparing the egg:

- Heat a fry pan or wok on the stove and brush with oil.
- Add half the egg mixture and swirl over the base to cover thinly.
- When the egg is set, carefully flip it to the other side.
- Take off the heat when browned and repeat with the remaining egg.
- Roll omelettes tightly and slice thinly

Preparing the meat:

- Heat remaining oil in the same pan.
- Add the minced beef and choko chutney and cook until cooked through
- Add the green beans, bamboo shoots and stock
- Stir and cook for about 3-5 minutes until the beans are heated through
- Add the shallot, parsley, bean sprouts and noodle and heat through for 1-2 minutes
- Serve mince noodle mixture topped with the sliced egg omelette.