

MINCE NOODLE STIRFRY GF DF Low
Gluten Free, Dairy Free, Low Salicylate
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 or pear chutney (pages 35, 49 booklet)

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

½ leek chopped

Salt to taste

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.

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, leek, choko/pear chutney and cook 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.