

MEATBALLS, VERMICELLI AND VEGETABLES

Gluten Free Dairy Free Low Chemical

Serves 4



Ingredients:

Meatballs: see Beef & brown rice balls recipe GF

DF Low

200g rice vermicelli

4 cups pre-made stock (optional, water could be used, but stock gives the dish more flavour.

Page 37 of your RPAH elimination diet handbook)

½ small purple cabbage

2 stalks of celery

300g green beans chopped

1 can bamboo shoots

Allowed oil for cooking

Method:

- Have meatballs premade or make according to the recipe (make 16)
- Top and tail the green beans and cut into 2-3 cm lengths
- Microwave, boil or steam until soft
- Slice the cabbage finely
- Dice the celery
- Drain the liquid from the bamboo shoots
- Drain the vermicelli but keep the stock
- Mix the vermicelli with the remaining vegetables and divide amongst 4 serving bowls
- Place 4 meatballs on top of the vegetables in the bowls.
- Pour some remaining stock over the dish to add flavour

Meat balls can be kept in the fridge over night or frozen

Left over vegetables and vermicelli can be stored in the fridge

Stock stored separately

All can be re-heated to serve on another day