

BESAN VEGETABLE SLICE

Gluten Free Dairy Free Low Chemical
Serves 6-8

Ingredients:

2 large white potatoes
½ cup chopped red cabbage
1 leek, chopped
2 cloves garlic
½ cup chives, chopped
200g green beans, diced
2 cups besan (chickpea/gram) flour
350ml rice milk
Iodised salt to taste
Rice bran oil to shallow fry
20 x 30cm baking dish
Baking paper



Method:

Preheat the oven to 200°C

Line the baking dish with baking paper

- Peel the potatoes, cut into chunks and steam, microwave or boil until soft.
 - (steaming will preserve more nutrients. Large chunks of potato will preserve more nutrients. If you are short on time, cut the potato into smaller pieces to cook faster)
- While they are cooking prepare the other ingredients
- Chop the green beans into small pieces (1-2 cm)
- Slice the leek, cabbage and chives finely
- Peel garlic and crush
- Add some oil to a frypan and sauté the leek, garlic, green beans for 5 minutes
- Add the cabbage for 1-2 minutes
- Take the soft potatoes from the stove and drain
- Add them to the cooked vegetables along with the chives and salt to taste
- In a bowl combine the besan flour and rice milk, and stir until mixed
- Add this besan mixture to the vegetables and fold through
- Pour the combined mixture into the prepared dish with baking paper
- Bake for 30 minutes, or until slightly browned

Serve immediately with salad or vegetables, or use in wraps and sandwiches or as snacks between meals

Recipe can be frozen and used at a later date