

ELIM-STYLE
OKONOMI-YAKI

Gluten Free Dairy Free Low
Chemical

Makes 2

Ingredients:

- 400g beef mince
- Rice bran oil for cooking
- ½ cup chopped leek
- 2 eggs
- 1 cup finely diced green beans
- 1 cup mung beans/bean sprouts
- 2 cups chopped cabbage (I had a combination of red and white)
- 50g glass noodles (bean thread)
- Hot water
- 1 cup of pre-made BBQ Sauce Elim
- 2 pre-made chickpea and green bean pancakes (or replace with 2 softened rice papers)
- Chives as a topper

Method:

- Place the glass noodles in a heat proof bowl and add enough hot water to cover them
 - Set aside to soften
- Heat the rice bran oil in a saucepan and brown the minced meat and leek
- Stir through ½ cup of the BBQ Sauce
 - Take from the pan and set aside in a bowl
- Add a little more oil and fry together the cabbage, green beans and mung beans
 - Take from the pan and set aside in a bowl
- Fry each of the 2 eggs and remove from the pan

Assemble the dish using 2 fry pans so you can serve them together

- Add a little oil to each fry pan and place a pancake in the centre of each pan
- Top with the vegetable mixture
- Followed by the meat. Drizzle the remaining BBQ sauce over each meat layer
- Strain the noodles and layer them on top of the meat
- Finally add the egg and transfer to serving plates
- Decorate with chives

Serve straight away

