

Potato Flat Bread Hamburger

Gluten Free Dairy Free
Low Chemical

Makes 2

Ingredients:

2 eggs
300g minced beef
1 cup shredded purple cabbage
1 cup sliced leek
¼ cup diced parsley
1 clove garlic, crushed

4 *Potato Flat Breads* (see Low chemical recipes, free from gluten/wheat and dairy; breakfast)
½ cup BBQ Sauce Elim, (see Low chemical recipes, free from gluten/wheat and dairy condiments & Dips)

Method:

- With your hands work the garlic and parsley into the minced meat and form into 2 patties or rissoles
- Fry the meat patties in the rice bran oil until cooked to your liking
- Stir fry the leek and red cabbage in a separate saucepan in a little rice bran oil until soft and starting to brown, then remove from the heat
- Fry the eggs

To Serve for 2 people:

- Place 1 potato flat bread on each of 2 serving plates
- Top each potato bread with a cooked meat patty
- Pour about ¼ cup BBQ Elim sauce (or quantity to your taste) on the meat
- Top each with the fried egg
- Followed by the sautéed vegetables
- Place another potato bread on top

