

# Bubble and Squeak



|                       |                                                                                                                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Serves                | 4                                                                                                                                                                                             |
| Prep time             | 30 minutes                                                                                                                                                                                    |
| Cook time             | 25 minutes                                                                                                                                                                                    |
| Total time            | 55 minutes                                                                                                                                                                                    |
| Allergy / Intolerance | <a href="#">Amines</a> , <a href="#">Artificial Additives</a> , <a href="#">Artificial Colours</a> , <a href="#">Glutamates</a> , <a href="#">Preservatives</a> , <a href="#">Salicylates</a> |
| Suitable for          | <a href="#">RPAH Elimination Diet - Low Chemical / Failsafe</a> , <a href="#">RPAH Elimination Diet - Moderate Chemical</a> , <a href="#">Salicylate Challenge</a>                            |
| Meal type             | <a href="#">Lunch</a> , <a href="#">Main Dish</a> , <a href="#">Side Dish</a>                                                                                                                 |
| Misc                  | <a href="#">Child Friendly</a> , <a href="#">Pre-preparable</a> , <a href="#">Serve Cold</a> , <a href="#">Serve Hot</a>                                                                      |
| Region                | <a href="#">British</a>                                                                                                                                                                       |

## Ingredients

- 3 roast potatoes (roughly mashed)
- 1 cup other leftover roast vegies (such as swede or carrot and sweet potato (moderate salicylates), chopped)
- 1/8 cabbage (finely chopped)
- 1 1/2 cup leftover roast chicken (chopped)
- 2 Small leek (finely chopped)
- 2 tablespoons sunflower oil
- 2 eggs (lightly beaten)
- 1 clove garlic (crushed)
- 40g butter or Nuttalex (chopped)
- Salt

## Directions

1. Fill a saucepan with salted water and bring to the boil. Add the cabbage and cook for about 2 minutes or until tender. Drain and rinse under cold water.
2. Combine the cabbage and mashed potato.
3. Heat 1 tablespoon of the oil in a large frying pan, add the leek and garlic and cook for 3 to 4 minutes until the leek is soft.
4. Add the leek, other cooked vegetables, chicken and eggs to the potato mix and mix well.
5. Season with salt.
6. Heat the butter and remaining oil in a non-stick frying pan over low heat. Add the vegetable and chicken mixture, spreading evenly over the base. Cook for about 25 minutes or until the base is golden brown.
7. Serve hot or cold.



## Note

Quantities are only a guide as Bubble and Squeak is traditionally made with leftovers.

Low Chemical / Moderate Salicylates