

Mountain Bread Parcels



Serves	1
Prep time	10 minutes
Cook time	5 minutes
Total time	15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Lunch Box , Main Dish , Savoury Snack
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- Mountain Bread (1 piece for every 3 parcels)
- Fillings (See Note, 1 heaped teaspoon per parcel)
- Water
- 1/2 cup rice bran oil

Directions

1. Cut each slice of Mountain Bread lengthways into 3 rectangles.
2. Place a spoonful of filling onto the corner of one slice of bread. Brush the edges with a bit of water.
3. Fold the bread over to form a triangle.
4. Repeat for the remaining slices.
5. When all the parcels are ready, heat the oil in a frying pan and place 4 or 5 triangles into the oil. Cook for 1 - 2 minutes on each side then place briefly onto a paper towel to drain.
6. Serve hot with pear sauce for dipping, or cold as a snack or in a lunch box.



Note

Low Chemical / FAILSAFE depending on the fillings.

Any leftover meat or vegetables can be used as a filling, either finely chopped or mashed. If making fillings from scratch you might like to try:

- [Gyoza fillings](#)
- [Rice paper roll fillings](#)
- [No Tomato mince](#)

If you are on the elimination diet or avoiding amines and want to use these in lunch boxes; make the parcels as soon as the fillings have cooled down. Once the parcels are cooked let them cool and place in the freezer straight away. Allow to thaw in the lunch box.

It takes less than 15 minutes to 6 of these once the fillings are ready.