

No-Tomato Chicken Mince



Serves	1
Prep time	15 minutes
Cook time	15 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Ingredient
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 500g skinless chicken fillets (roughly chopped)
- 2 spring onions (finely chopped)
- 1 teaspoon minced garlic
- 1 1/2 cup No-tomato sauce (Refer to recipe)
- 1 tablespoon sunflower oil

Directions

1. Place the chicken fillets into a food processor and process until minced.
2. Heat the oil in a frying pan and add the spring onions and garlic. Cook for 1 to 2 minutes until soft.
3. Add the chicken and cook, stirring, until the chicken is cooked through. If amines are a problem don't let the meat brown.
4. Add the no-tomato sauce and stir-through the chicken until heated through.

Note

Low Chemical / Failsafe, Moderate Salicylates.

If the [No-tomato sauce](#) is made without carrot this recipe is low chemical / failsafe. Carrot is moderate salicylates.