



Chop Suey Suitable for Celiacs

Ingredients

Onion

½ unit

Red bell pepper

¼ unit

Green bell pepper

¼ unit

Soy bean sprouts

a handful

Scallion

1 unit

Zucchini

1 unit

Eggplant

½ unit

Ham

50g.

Salt and pepper

a pinch

Soy sauce

4 tbsps.

Preparation:

Wash the vegetables. Cut up the onion, the red and green pepper, the scallion, the zucchini, the eggplant and the ham in $\frac{1}{2}$ cm with and 6 cm long strips.

Pour all the ingredients, but the soy sauce, in the TartaExpress. Cover and cook at full power for 4 minutes. Once cooked, add the soy sauce, stir and cook as before for another minute.

