



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 15 mins

Serves: 4-6

VEGETABLE TOPPING



INGREDIENTS

- 1 large zucchini, diced
- 6 spring onions, sliced
- 2 stalks celery, sliced 0.5 cm (1/4")
- 2 medium tomatoes, diced
- 2 cloves garlic, crushed
- 1 tsp pink salt
- 1/4 tsp black pepper
- 2 tbsp olive oil

METHOD

- Heat oil in frying pan, and add all ingredients.
- Cook over medium high heat for 10-15 minutes while stirring.
- When cooked, serve on cooked chicken, meat, toast, or as a vegetable side dish.