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*PROZERO IS A PROTEIN-FREE ALTERNATIVE TO MILK SUITABLE FOR USE FROM 6 MONTHS OF AGE. IT CAN BE USED ON ITS OWN AS A DRINK, POURED OVER PERMITTED CEREALS OR INCORPORATED INTO RECIPES.

For further information about Fate Low Protein All-Purpose Mix visit www.fatespecialfoods.com

ProZero and Fate Low Protein All-Purpose mix are foods for special medical purposes and must be used under medical supervision. Violife is a vegan cheese alternative available to purchase in supermarkets or online. These recipes have been specifically designed for a low protein diet. Refer to labels for allergen and other product information.



INTRODUCTION

ALL THE RECIPES IN OUR 'FAMILY MEALS' RECIPE BOOK HAVE BEEN DEVELOPED TO MAKE PREPARING, COOKING AND SHARING FAMILY MEALS THAT LITTLE BIT SIMPLER.

THE RECIPES GUIDE YOU THROUGH MAKING MEALS THAT ARE ALL BASED ON LOW PROTEIN INGREDIENTS SUITABLE FOR INDIVIDUALS WITH PKU.

EACH RECIPE ALSO HAS ADDITIONAL INGREDIENTS AND A FEW EXTRA STEPS WHICH ALLOW YOU TO ADD IN HIGHER PROTEIN FOODS TO SUIT THE REST OF THE FAMILY.

The additional steps and ingredients for non-low protein options are highlighted in red boxes – they are not suitable for those following a low protein diet.

We recommend you read the whole recipe before you start cooking to ensure timings are correct so that all the family are able to eat together.

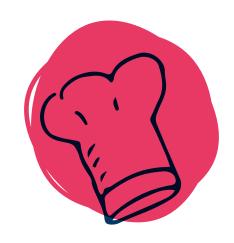
The number of portions each meal makes is based on adult sizes allowing you the flexibility to give more or less, depending upon your child's appetite.

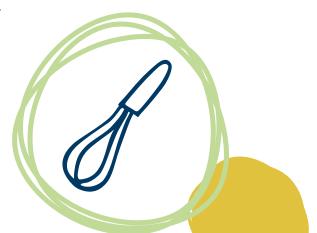
Each recipe shows the number of low protein portions and the number of non-low protein portions for the rest of the family.

We hope that this makes cooking a little easier for you and allows those with PKU to enjoy the same meal as the rest of the family, reduces the need to make two separate meals and importantly – reduces the number of dishes to wash at the end!

Look out for the 'serving suggestions' and 'top tips' throughout this book for ways to vary the recipes.

HAPPY COOKING!





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PULLED BBQ BUNS



PREPARATION TIME: 1 hour 15 minutes

COOKING TIME: 10 minutes

RECIPE MAKES: 4 low protein jackfruit buns and 4 non-low protein pulled pork buns

LOW PROTEIN PULLED JACKFRUIT

INGREDIENTS

- 280g Jackfruit, tinned
- 100g Heinz barbecue sauce
- · 40g Red onion, finely chopped
- 2 tbsp Water
- 1 tbsp Sunflower oil



METHOD

- 1. Drain and rinse jackfruit, remove core and shred into a bowl.
- 2. Add barbecue sauce, onions and water to the bowl and stir until jackfruit is coated.
- 3. Cover and place in fridge to marinate for 1 hour.
- 4. Whilst the jackfruit is marinating make the low protein bread buns and zesty coleslaw (see individual recipes).
- 5. When the jackfruit is marinated heat oil in a large frying pan over a medium-high heat.
- 6. Add jackfruit and cook for 10 minutes, stirring frequently.
- 7. Remove from heat and serve on a low protein bread bun with zesty coleslaw.

NON-LOW PROTEIN PULLED PORK

ADDITIONAL INGREDIENTS

- 150g Pulled pork, cooked
- 75g Heinz barbecue sauce

- Reheat cooked pulled pork and barbecue sauce in a frying pan over a medium-high heat for 10 minutes.
- 2. Serve on a bread bun with zesty coleslaw.

LOW PROTEIN BREAD BUNS

PREPARATION TIME: 30 minutes

COOKING TIME: 20 minutes

RECIPE MAKES: 4 low protein bread buns



INGREDIENTS

- 180ml Warm water
- 3 tsp Olive oil
- 4g Dried yeast
- 2 tsp Psyllium husk
- 1 tsp Sugar
- 220g Fate low protein all-purpose mix (plus extra for dusting)

- 1. Place water, 2 tsp oil, yeast, psyllium husk and sugar into bowl and allow to stand for 5 minutes until mixture thickens.
- 2. Place Fate low protein all-purpose mix into a separate bowl and make a small well in the middle.
- 3. Add psyllium husk mixture to the Fate low protein all-purpose mix and using your hands, mix until a dough is formed.
- 4. Knead dough for 3-5 minutes in the bowl then leave to rest/prove.
- 5. Preheat the oven to 200°C/fan 180°C/gas mark 6.
- 6. Once rested for 20 minutes divide the dough into four equal amounts and roll into bun shapes using your hands.
- 7. Place on a baking tray and brush with remaining oil.
- 8. Bake for 20 minutes until golden brown.

ZESTY COLESLAW

PREPARATION TIME: 10-15 minutes

RECIPE MAKES: 8 portions

thank free

INGREDIENTS

- 150g White cabbage, thinly sliced
- 150g Red cabbage, thinly sliced
- 100g Carrot, grated
- 150g Red onion, finely diced
- 60g Celery, thinly sliced

- ½ Chopped de-seeded chilli (optional)
- 100g Suitable mayonnaise
- 1 Lemon, grated zest and juice
- 1 tsp Fresh mint, chopped

METHOD

- 1. Add cabbage, carrots, onion, celery and chili to a bowl.
- 2. In a separate large bowl, mix mayonnaise, lemon zest, lemon juice, mint and chilli.
- 3. Combine together and serve.

TOP TIP: Add grated Violife cheese to the bun.

SERVING SUGGESTION: Serve with sweet potato fries.







OVEN ROASTED FAJITAS

PREPARATION TIME: 15 minutes
COOKING TIME: 20 minutes

RECIPE MAKES: 2 low protein vegetable fajitas and 4 non-low protein chicken fajitas

LOW PROTEIN VEGETABLE FAJITAS

INGREDIENTS

- 300g Mixed peppers, de-seeded and sliced
- · 100g Red onion, thick sliced
- · 250g Courgettes, thick sliced
- 100g Mushrooms, quartered
- 1 Chilli, chopped
- 3 tbsp Olive oil
- 2 tsp Lemon juice
- 2 tsp Cumin
- 2 tbsp Fajita mix, dried



METHOD

- Preheat oven to 200°C/fan 180°C/ gas mark 6.
- 2. Add all ingredients into a freezer bag and mix well.
- 3. Line a large baking tray with parchment paper, add freezer bag contents and bake for 20 minutes.
- 4. Put aside a third of the vegetable mix to use in the non-low protein chicken fajita recipe.
- 5. Serve the vegetable fajitas with low protein tortillas.

NON-LOW PROTEIN CHICKEN FAJITAS

ADDITIONAL INGREDIENTS

- 450g Chicken breast, diced
- 1 tbsp Fajita mix, dried
- 1 tsp Lemon juice
- 1 tsp Cumin
- 2 tbsp Olive oil

- 1. Add ingredients to a freezer bag and mix well.
- Heat oil in a large frying pan over a medium heat, add freezer bag ingredients and fry for 15 minutes until chicken is cooked.
- 3. Take a third of the cooked vegetable mix and combine with the cooked chicken.
- 4. Serve the chicken fajitas with tortillas.

LOW PROTEIN TORTILLAS

PREPARATION TIME: 10 minutes

COOKING TIME: 4 minutes

RECIPE MAKES: 4 low protein tortillas

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INGREDIENTS

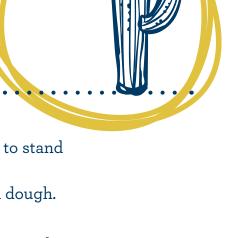
- 220g Fate low protein all-purpose mix (plus extra for dusting)
- 1 tsp Baking powder
- 1 tsp Fajita mix, dried
- 2 tsp Psyllium husk
- 1 tsp Tomato purée
- 180ml Warm water
- 2 tsp Olive oil

METHOD

- 1. Add Fate all-purpose mix and baking powder to a bowl.
- 2. In a separate bowl, mix remaining ingredients together and allow to stand for 5 minutes until thickened.
- 3. Add wet ingredients to the Fate all-purpose mix then knead into a dough.
- 4. Divide dough into four equal amounts and roll into 8 inch circles.
- 5. Heat a dry frying pan to medium and cook each tortilla for 30-60 seconds until slightly brown on each side.

TOP TIP: Add extra spices to the tortillas for extra flavour.

SERVING SUGGESTION: Serve with salsa and grated Violife for pizza mozzarella flavour.







RISOTTO

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

RECIPE MAKES: 2 portions of low protein risotto and 2 portions of non-low protein

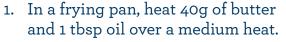
cream cheese and pea risotto

LOW PROTEIN VEGETABLE RISOTTO

INGREDIENTS

- 80g Butter
- 2 tbsp Olive oil
- 100g Onion, diced
- 100g Mushrooms, finely sliced
- 100g Carrot, grated
- · 200g Peppers, diced
- · 2 Garlic cloves, crushed
- 2 tsp Tomato purée
- 100g Low protein rice
- 500ml Vegetable stock
- 20g Violife creamy original
- 50g Violife for pizza, mozzarella flavour

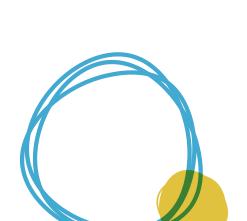
METHOD

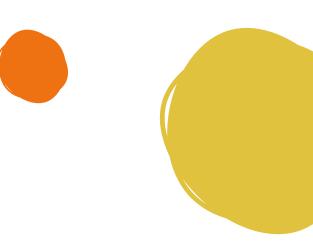


- 2. Add half of the vegetables, garlic and tomato purée to the frying pan and fry for 2-3 minutes. Put the remaining half aside for use in the non-low protein version.
- 3. Add the low protein rice and cook for two minutes, stirring continuously.
- 4. Gradually add 250ml of stock to the pan and continue to stir until absorbed.
- 5. Add Violife creamy to the frying pan and stir through until melted.
- 6. Sprinkle with grated Violife and serve.

TOP TIP: For one protein exchange add 25g of peas to the vegetable risotto.

SERVING SUGGESTION: Serve with low protein croutons.



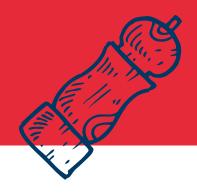


RISOTTO

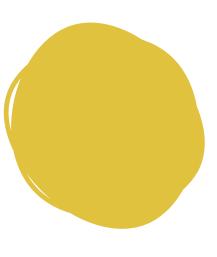
NON-LOW PROTEIN CREAM CHEESE AND PEA RISOTTO

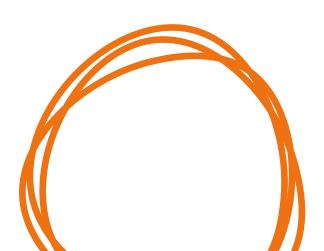
ADDITIONAL INGREDIENTS

- 100g Risotto rice
- 20g Cream cheese
- 50g Peas, frozen
- 20g Parmesan, grated

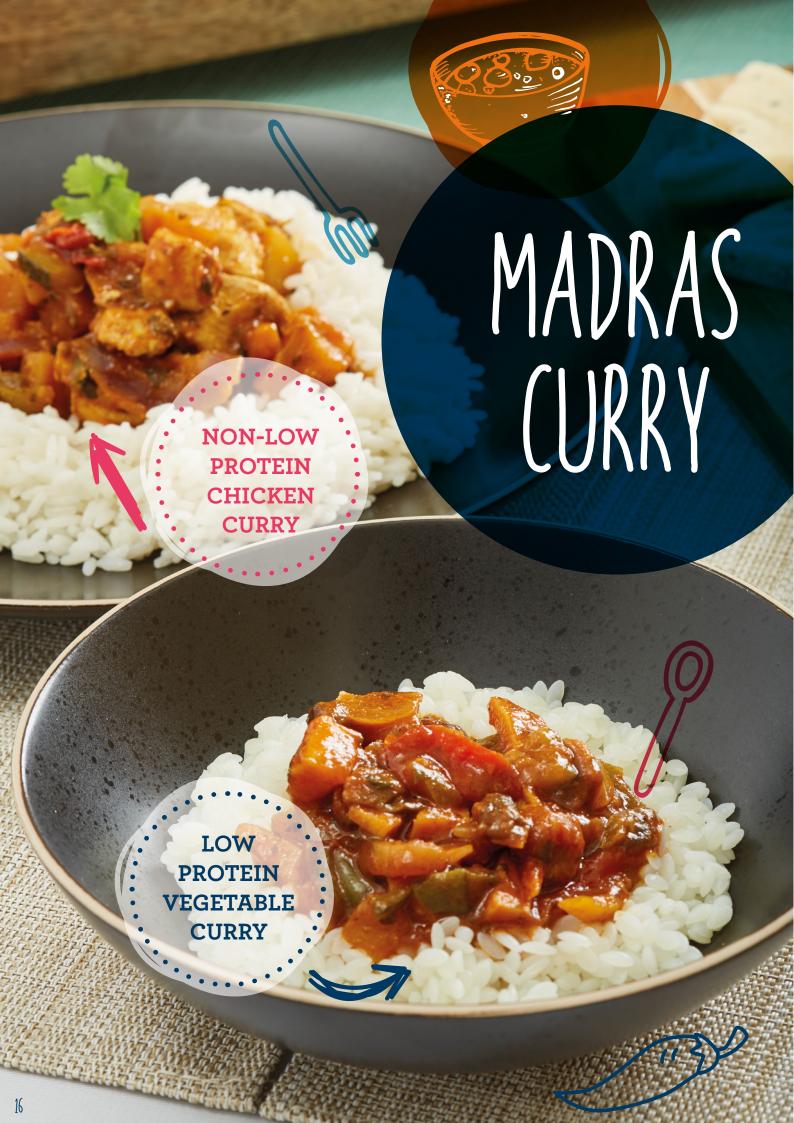


- 1. In a frying pan, heat 40g of butter and 1 tbsp oil over a medium heat.
- 2. Add the previously put aside vegetables, garlic and tomato purée to the frying pan and fry for 2-3 minutes.
- 3. Add the risotto rice and cook for two minutes, stirring continuously.
- 4. Gradually add 250ml of stock to the pan and continue to stir until absorbed.
- 5. Add cream cheese and peas to the frying pan and stir through until cream cheese is melted.
- 6. Sprinkle with parmesan and serve.









MADRAS CURRY

PREPARATION TIME: 15 minutes
COOKING TIME: 30 minutes

RECIPE MAKES: 4 low protein vegetable curries and 2 non-low protein chicken curries

LOW PROTEIN VEGETABLE CURRY

INGREDIENTS

- 3 tbsp Olive oil
- 6g Green chili, sliced
- 1 Garlic clove, crushed
- 250g Onions, sliced
- 200g Butternut squash, diced
- 200g Sweet potato, diced
- 100g Mushrooms, sliced
- 100g Courgette, sliced
- 200g Mixed peppers, sliced
- 30g Coriander, chopped
- 1 tbsp Curry powder
- 50ml Vegetable stock
- 250g Passata
- 150g Madras curry sauce
- 3 tbsp Mango chutney

thank free

- 1. Heat oil in a large frying pan.
- 2. Add chili, garlic, onions and cook over a low heat until soft.
- 3. Add remaining vegetables, coriander, curry powder and cook for 5 minutes.
- 4. Add stock, passata, madras sauce and simmer for 20 minutes.
- 5. Stir in mango chutney then put a third of the curry aside to combine with the non-low protein chicken recipe.
- 6. Serve with low protein coriander naan bread.



MADRAS CURRY

NON-LOW PROTEIN CHICKEN CURRY

ADDITIONAL INGREDIENTS

- 1 tbsp Olive oil
- 250g Chicken breast, diced

- 1. Heat oil in a large frying pan and cook chicken for 10 minutes.
- 2. Once cooked combine chicken with a third of the vegetable curry mix.
- 3. Serve with naan bread.



LOW PROTEIN NAAN BREAD

PREPARATION TIME: 20 minutes

COOKING TIME: 15 minutes

RECIPE MAKES: 4 low protein naan breads

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INGREDIENTS

- 180ml Warm water
- 2 tbsp Olive oil
- 4g Dried yeast
- 2 tsp Psyllium husk
- 1 tsp Sugar
- 1 tbsp Mango chutney

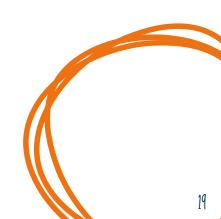
- 10g Fresh coriander, finely chopped
- 1 tsp Garlic purée
- 1 tsp Tomato purée
- 230g Fate low protein all-purpose mix (plus extra for dusting)

METHOD

- 1. Mix water, 1 tbsp oil, yeast, psyllium husk, sugar, mango chutney, coriander, garlic and tomato purée and let stand for 5 minutes until mixture thickens.
- 2. Place Fate low protein all-purpose mix into a separate bowl and make a small well in the middle.
- 3. Add psyllium husk mixture to the Fate low protein all-purpose mix and using your hands, mix until a dough is formed.
- 4. Knead dough for 3-5 minutes in the bowl.
- 5. Leave dough to rest/proof for 10 minutes and preheat the oven to 200°C/fan 180°C/gas mark 6.
- 6. Divide dough into four equal amounts then and shape into 6 inch breads using your hands.
- 7. Place breads onto a baking tray and brush with remaining oil.
- 8. Oven bake for 15 minutes and serve.

TOP TIP: Chicken can be changed to a different meat of choice.

SERVING SUGGESTION: Serve with low protein rice.







PREPARATION TIME: 30 minutes **COOKING TIME:** 1 hour 10 minutes

RECIPE MAKES: 3 portions of low protein vegetable lasagne and 3 portions of non-low protein

beef lasagne

EQUIPMENT RECOMMENDED: 2 oven proof dishes: 15cm x 20cm

LOW PROTEIN VEGETABLE LASAGNE

INGREDIENTS

- 2 tsp Olive oil
- 150g Butternut squash, diced
- 80g Onion, chopped
- · 80g Carrot, diced
- · 80g Aubergine, diced
- 150g Sweet potatoes, diced
- 80g Red peppers, diced
- 80g Courgette, diced
- 50g Mushrooms, sliced
- 100g Fresh basil, chopped
- 3 tsp Oregano, dried
- 1 Garlic clove, crushed
- 3 tsp Tomato purée
- 125g Low protein lasagne sheets
- 400g Tinned tomatoes
- 50g Violife for pizza mozzarella flavour, grated

WHITE SAUCE

- 250ml ProZero*
- 30g Butter
- 15g Cornflour
- 80g Violife for pizza mozzarella flavour, grated

METHOD

- In a large pan heat oil over a medium heat, add the vegetables, basil, oregano, garlic and tomato purée. Simmer for 15 minutes.
- 2. Whilst vegetables are simmering, cook low protein lasagne sheets in boiling water for 5 minutes then cool under water. Leave these in cold water until later.
- 3. Add tinned tomatoes to the vegetables and simmer for a further 5 minutes.
- 4. Set aside a third of the vegetable mix to use in the non-low protein beef lasagne.
- 5. Preheat oven to 200°C/fan 180°C/gas mark 6.
- 6. To make the white sauce add ProZero*, butter and cornflour to a saucepan. Place over a low heat and stir continuously until thick and smooth. Add Violife to the sauce and stir until melted.
- 7. Layer a third of the remaining vegetable mix into a dish and cover with a layer of drained low protein lasagne.
 Top with a layer of white sauce.
- 8. Repeat step 7 twice.
- 9. Top with Violife and bake for 40 minutes.

TOP TIP: Try using sliced vegetables in place of low protein lasagne sheets. **SERVING SUGGESTION:** Serve with salad and low protein garlic bread.



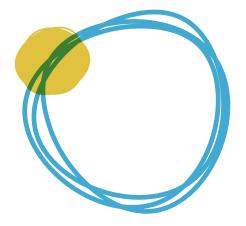
LASAGNE

NON-LOW PROTEIN BEEF LASAGNE

ADDITIONAL INGREDIENTS

- 1 tsp Olive oil
- 200g Beef mince
- 50g Onion, diced
- 1 Garlic clove, crushed
- 1 tsp Tomato purée
- 125g Lasagne sheets
- 250g Ready-made béchamel sauce
- 50g Cheddar cheese, grated

- Add the oil to a pan over a medium heat. Add mince, onion, garlic and tomato purée and cook for 10 minutes until mince is browned.
- 2. Combine the previously set aside third of the vegetable mix with the beef.
- 3. Layer a third of the beef and vegetable mix into a dish and cover with a layer of pasta sheets. Top with a layer of béchamel sauce.
- 4. Repeat step 3 twice.
- 5. Sprinkle with cheese and bake for 40 minutes.









HOTPOT

PREPARATION TIME: 30 minutes **COOKING TIME:** 1 hour 30 minutes

RECIPE MAKES: 2 portions of low protein vegetable hotpot and 2 portions

of non-low protein lamb hotpot

EQUIPMENT RECOMMENDED: 2 oven proof dishes: 15cm x 20cm

LOW PROTEIN VEGETABLE HOTPOT

INGREDIENTS

- 400g Sweet potato
- 2 tbsp Olive oil
- 1 Garlic clove, crushed
- 2 tbsp Tomato purée
- 2 tsp Rosemary, dried
- 600g Butternut squash, diced
- 150g Onion, thinly sliced
- 150g Carrots, peeled, diced
- 150g Parsnips, peeled, diced
- 2 tbsp Fate low protein all-purpose mix
- 400g Tinned tomatoes
- 150ml Vegetable stock
- 20g Butter, melted



METHOD

- Wash sweet potato and cut in half.
 Add to a pan of boiling water and cook
 for 10 minutes then drain and run under
 cold water to cool.
- 2. Heat oil, garlic, tomato purée and rosemary in a saucepan over a medium heat, then add all the vegetables. Cook for 10 minutes until vegetables soften.
- 3. Whilst the vegetables are cooking, thinly slice the cooked sweet potato (about 0.5cm thickness).
- 4. Once the vegetables are softened, add the Fate low protein all purpose mix to the saucepan and stir through the vegetables to coat.
- 5. Add the tinned tomatoes and stock to the pan and reduce the heat to low.
- 6. Continue to stir for 10 minutes and preheat oven to 200°C/fan 180°C/gas mark 6.
- 7. Put aside a third of the vegetable mix for use in the non-low protein lamb hotpot.
- 8. Place the remaining vegetable hotpot in an oven dish then top with a layer of sweet potato slices. Brush with butter.
- 9. Cook for 1 hour then serve.

TOP TIP: Try adding red cabbage.

SERVING SUGGESTION: Serve with low protein bread and butter.

HOTPOT

NON-LOW PROTEIN LAMB HOTPOT

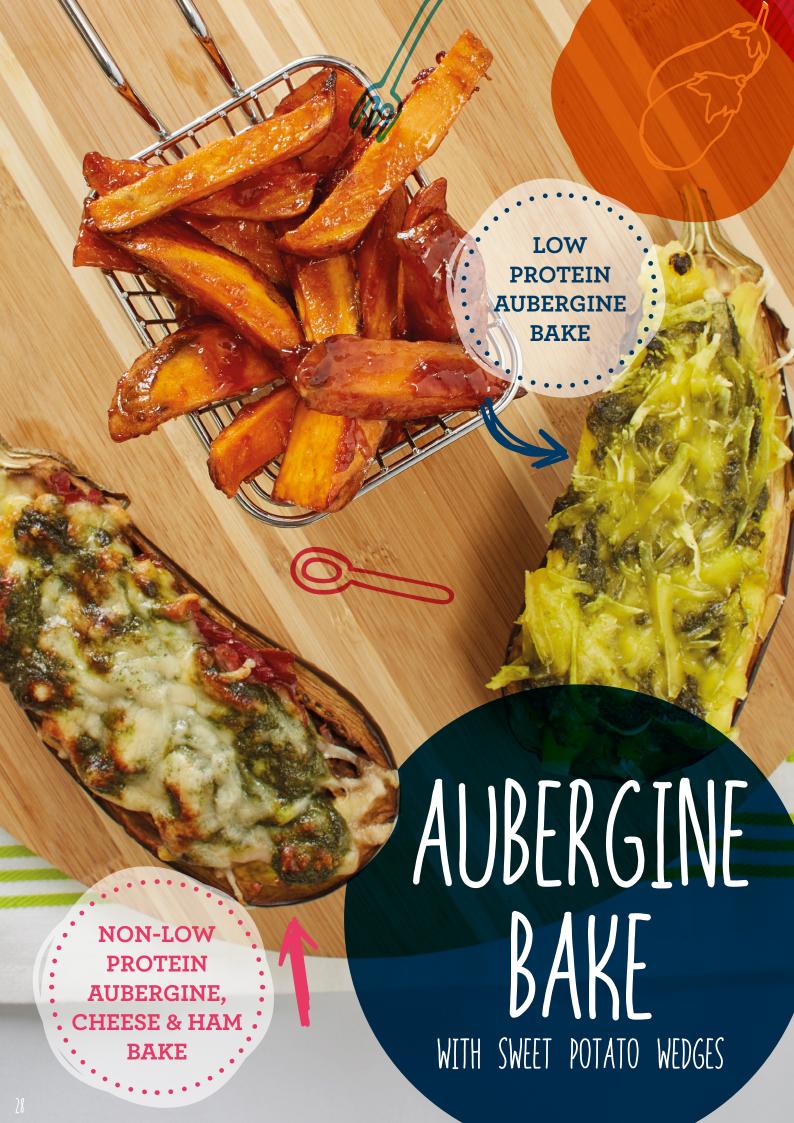
ADDITIONAL INGREDIENTS

- 1 tsp Olive oil
- 300g Lamb, diced
- 1 tsp Rosemary, dried
- 50g Onion, diced
- 1 tsp Tomato purée
- 2 tbsp Water

- Add oil to a saucepan over medium heat with lamb, rosemary, onion and tomato purée. Cook for 10 minutes, then add water.
- 2. Simmer for a further 20 minutes, until lamb is tender. Do not let water evaporate.
- 3. Add a third of the previously put aside vegetable hotpot and stir.
- 4. Place mixture into an oven dish and top with a layer of sweet potato slices. Brush with butter.
- 5. Cook for 1 hour then serve.









AUBERGINE BAKE

PREPARATION TIME: 25 minutes
COOKING TIME: 30 minutes

RECIPE MAKES: 2 portions of low protein vegetable bake, 2 portions of non-low protein

aubergine, cheese and ham bake and 4 portions of sweet potato wedges

LOW PROTEIN AUBERGINE BAKE

INGREDIENTS

1 Aubergine

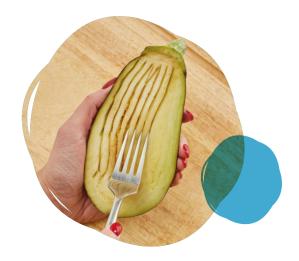
75g Violife for pizza mozzarella flavour

SWEET POTATO WEDGES

- 500g Sweet potatoes
- 2 tbsp Heinz barbecue sauce
- 2 tbsp Olive oil
- 1 tsp Worcestershire sauce

BASIL 'PESTO'

- 2 Garlic cloves, crushed
- · 40g Fresh basil, chopped
- 4 tbsp Olive oil



METHOD

- 1. Preheat oven to 200° C/fan 180° C/gas mark 6.
- 2. Half the aubergines lengthways.
- Using a fork, deeply score the inner flesh in parallel lines from top to bottom. This should produce 8 score marks lengthways.
- 4. Put two of the scored aubergine halves to one side for use in the non-low protein aubergine, cheese and ham bake.
- 5. Cut 50g Violife into strips and place into the score marks of the remaining aubergine.
- 6. To make the pesto, place garlic, basil and oil into a dish then roughly blend for 10 seconds using a hand blender.
- 7. Use half of the pesto to spread onto the aubergine halves.
- 8. Grate the remaining Violife over the aubergine halves.
- To make the wedges, wash sweet potatoes and cut into wedges.
 Place into a freezer bag and mix with the remaining ingredients.
- 10. Place aubergine halves and sweet potato wedges onto a baking tray lined with parchment paper.
- 11. Bake in the oven for 30 minutes and serve.

TOP TIP: Add extra Violife for a stronger flavour. **SERVING SUGGESTION:** Serve with low protein rice.

AUBERGINE BAKE

NON-LOW PROTEIN AUBERGINE, CHEESE & HAMBAKEE

ADDITIONAL INGREDIENTS

- 1 Aubergine
- 20g Cheddar cheese, cut into strips
- 20g Ham, cut into strips
- · 25g Parmesan, finely grated

- 1. Preheat oven to 200°C/fan 180°C/gas mark 6.
- 2. Add ham and cheese strips into the score marks of the aubergine previously put aside.
- 3. Use the remaining half of the pesto to spread onto the aubergine, cheese and ham halves.
- 4. Sprinkle parmesan over the aubergine, cheese and ham halves.
- 5. Place aubergine, cheese and ham halves onto a baking tray lined with parchment paper.
- 6. Bake in the oven for 30 minutes and serve.







KEBABS

PREPARATION TIME: 30 minutes
COOKING TIME: 20 minutes

RECIPE MAKES: 2 low protein vegetable and 4 non-low protein pork skewers

EQUIPMENT RECOMMENDED: Kebab skewers

LOW PROTEIN VEGETABLE SKEWERS

INGREDIENTS

- 200g Mixed peppers, de-seeded, cut into chunks
- 100g Red onion, cut into chunks
- 300g Courgette, cut into chunks
- 100g Mushrooms, cut into quarters

MARINADE

- 3 tbsp Olive oil
- 2 Garlic cloves, crushed
- 2 tbsp Sun-dried tomato purée
- 2 tbsp Fresh basil, finely chopped
- 1 tsp Oregano, dried

METHOD

- 1. Mix all vegetables with marinade then split into two separate freezer bags.
- 2. Place one of the freezer bags filled with vegetables to one side for use in the non-low protein pork skewer recipe.
- 3. Mix the vegetables in the freezer bag well and marinate in the refrigerator for 20 minutes for the flavour to develop.
- 4. Whilst marinating preheat the oven to 200°C/fan 180°C/gas mark 6.
- 5. Thread the contents of the freezer bag onto skewers and place onto a baking tray.
- 6. Bake skewers for 20 minutes and serve.

NON-LOW PROTEIN PORK SKEWERS

ADDITIONAL INGREDIENTS

• 180g Pork, cut into chunks

METHOD

- Add pork to the previously put aside freezer bag of vegetables. Mix well and marinade in the fridge for 20 minutes for the flavour to develop.
- 2. Whilst marinating preheat oven to 200°C/fan 180°C/gas mark 6.
- Thread the content of the freezer bag onto skewers and place onto a baking tray.
- 4. Bake skewers for 20 minutes and serve.

TOP TIP: Experiment with different herbs and spices in the marinade. **SERVING SUGGESTION:** Serve with low protein rice and salad.



STROGANOFF

PREPARATION TIME: 10 minutes
COOKING TIME: 30 minutes

RECIPE MAKES: 2 portions of low protein mushroom stroganoff

and 2 portions of non-low protein beef stroganoff

LOW PROTEIN MUSHROOM STROGANOFF

INGREDIENTS

- 2 tsp Olive oil
- 80g Onion, diced
- 80g Leek, sliced
- 1 Garlic clove, crushed
- 1 tbsp Paprika
- 1 tbsp Tomato purée
- 2 tbsp Tarragon
- 300g Mushrooms, sliced
- 1 tbsp Worcestershire sauce
- 20g Fate low protein all-purpose mix
- 75ml Vegetable stock
- 75ml ProZero*
- 50g Violife creamy original
- 20g Fresh parsley, finely chopped
- 100g Low protein rice, cooked as per manufacturer's instructions

METHOD

- 1. Heat 2 tsp oil over a medium heat in a large non-stick frying pan, add the onion and leek, cook for 2 minutes.
- 2. Add garlic, paprika, tomato purée and tarragon then cook for a further minute.
- 3. Add mushrooms and Worcestershire sauce and cook for a further 5 minutes.
- 4. Mix in Fate all-purpose mix to coat the mushroom mixture, add vegetable stock, simmer for 2 minutes and then add ProZero*.
- 5. Once the stock has reduced to a sauce, stir in Violife and chopped parsley.
- 6. Put aside half of this mushroom mixture for the non-low protein beef stroganoff.
- 7. Serve with low protein rice.

TOP TIP: Add chilli to increase the spicy flavour.

SERVING SUGGESTION: Serve with 60g cauliflower rice for one phe exchange.



STROGANOFF

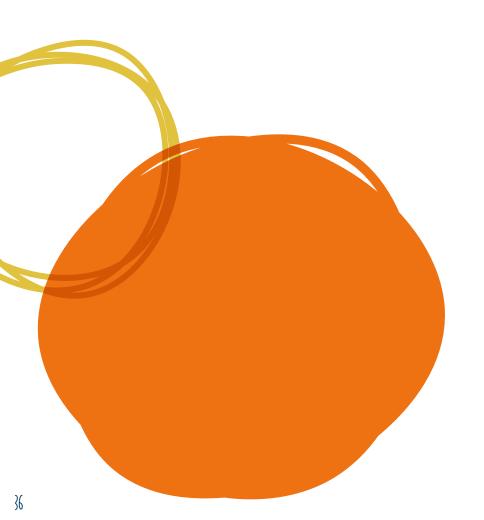
NON-LOW PROTEIN BEEF STROGANOFF

ADDITIONAL INGREDIENTS

- 2 tsp Olive oil
- 200g Steak, diced
- 1 tbsp Tomato purée
- 1 tbsp Paprika
- 1 tbsp Tarragon
- 2 tbsp Water
- 100g Rice, cooked as per manufacturer's instructions

METHOD

- Heat 2 tsp oil in a large frying pan over a medium heat and brown steak for 5 minutes.
- 2. Add the remaining ingredients and simmer for a further 25 minutes.
- 3. Combine with half of the previously put aside mushroom stroganoff mixture and serve with rice.









SPICY BOLOGNESE

PREPARATION TIME: 10 minutes

COOKING TIME: 35 minutes

RECIPE MAKES: 4 portions of low protein squash bolognese and 2 portions of non-low

protein beef bolognese

LOW PROTEIN SQUASH BOLOGNESE

INGREDIENTS

- 2 tbsp Olive oil
- 50g Onion, diced
- 2 Garlic cloves, crushed
- 160g Mixed peppers, diced
- 50g Mushrooms, sliced
- 500g Butternut squash, diced
- 1 tsp Cayenne pepper
- 1 tsp Cumin
- 2 tbsp Tomato purée
- 2 tsp Paprika
- 400g Tinned plum tomatoes
- 20g Fresh basil, chopped
- 200g Low protein pasta, cooked as per manufacturer's instructions

METHOD

- Heat 2 tsp oil in a large frying pan over a medium heat, add onion, garlic, peppers, mushrooms and butternut squash and cook for 5 minutes.
- 2. Add cayenne pepper, cumin, tomato purée, paprika, tomatoes and basil then simmer for 30 minutes.
- 3. Remove a third of mixture to use in the non-low protein beef bolognese.
- 4. Serve the remaining vegetable mixture with low protein pasta.

TOP TIP: Add grated Violife for pizza mozzarella flavour.

SERVING SUGGESTION: Serve with spiralised courgettes instead of pasta.



SPICY BOLOGNESE

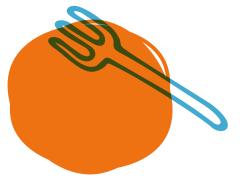
NON-LOW PROTEIN BEEF BOLOGNESE

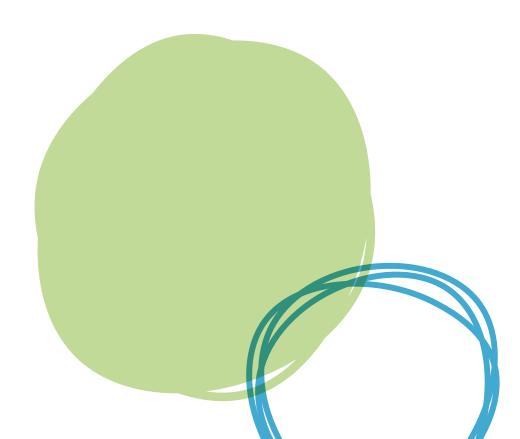
ADDITIONAL INGREDIENTS

- 1 tbsp Olive oil
- 200g Beef mince
- 50g Onion, diced
- 1 Garlic clove, crushed
- 1 tsp Tomato purée
- 100g Pasta, cooked as per manufacturer's instructions

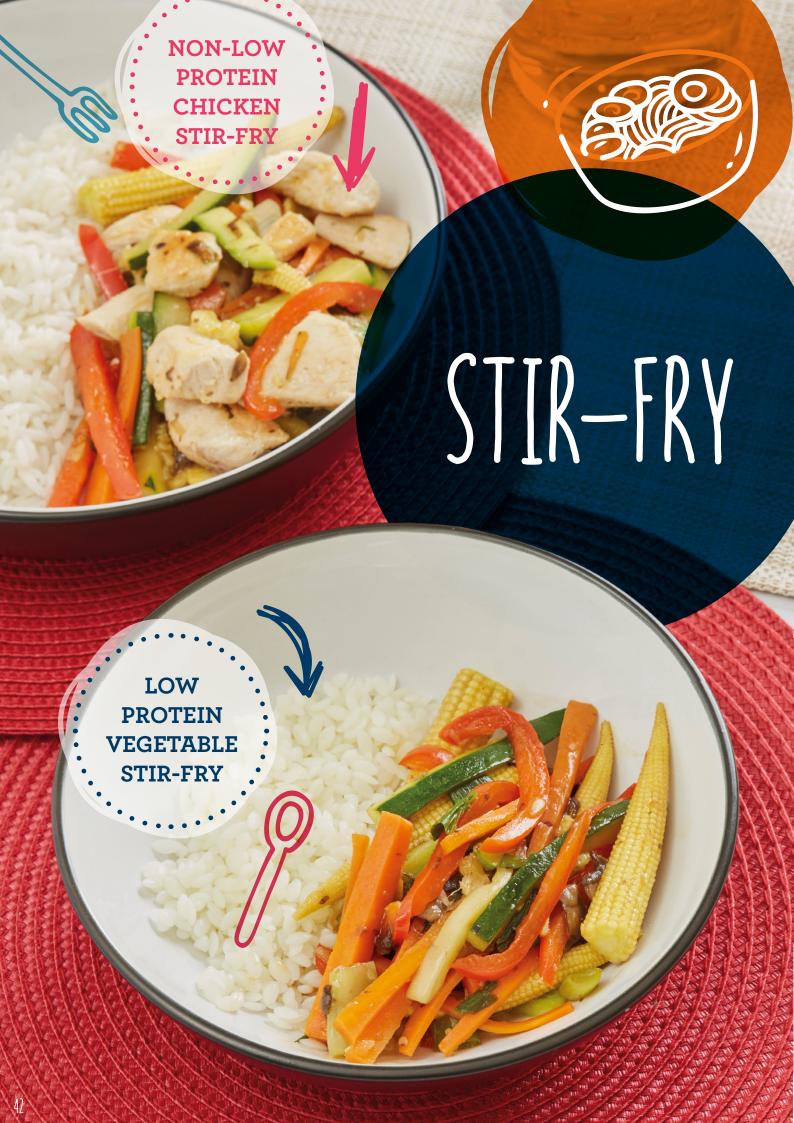
METHOD

- 1. Add the oil to a pan over a medium heat. Add mince, onion, garlic, tomato purée and cook for 10 minutes until browned.
- 2. Mix cooked beef mince with the previously put aside vegetable mixture.
- 3. Serve with pasta.











STIR-FRY

PREPARATION TIME: 15 minutes

COOKING TIME: 15 minutes

RECIPE MAKES: 1 portion of low protein vegetable stir-fry and 3 portions of non-low

protein chicken stir-fry

LOW PROTEIN VEGETABLE STIR-FRY

INGREDIENTS

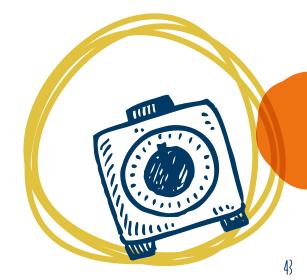
- 2 tbsp Sunflower oil
- · 4 Spring onions, sliced
- 1 Garlic clove, crushed
- 3g Ginger, grated
- 80g Carrot, thinly sliced
- 80g Red pepper, thinly sliced
- 100g Baby sweetcorn, sliced
- 80g Pak choi, chopped
- 100g Courgette, sliced
- 100g Mushrooms, sliced
- 120g Blue Dragon sweet and sour stir-fry sauce
- 50g Low protein rice, cooked as per manufacturer's instructions



METHOD

- 1. Heat 2 thsp of oil in a frying pan over a medium-high heat.
- 2. Add spring onions, garlic and ginger to one pan. Stir-fry for 2 minutes, then reduce to a medium heat.
- 3. Add the carrot, pepper and sweetcorn to the onions, garlic and ginger and stir-fry for 2-3 minutes.
- 4. Add the pak choi, courgette, mushrooms and continue to stir-fry for a further 5 minutes.
- 5. Add the sauce into the frying pan and stir through the vegetable mixture.
- 6. Put aside quarter of the vegetable mixture for the non-low protein chicken stir fry.
- 7. Serve the vegetable stir-fry with low protein rice.

TOP TIP: Replace sunflower oil with sesame oil for a change in flavour. **SERVING SUGGESTION:** Add 60g broccoli for one phe exchange.



STIR-FRY

NON-LOW PROTEIN CHICKEN STIR-FRY

ADDITIONAL INGREDIENTS

- 2 tbsp Sunflower oil
- 300g Chicken breast, diced
- 100g Rice, cooked as per manufacturer's instructions

METHOD

- 1. Add the oil and chicken to a frying pan and cook for 10 minutes.
- 2. Combine with the vegetable mixture previously put aside.
- 3. Serve with rice.

