



AFTER SCHOOL FUEL



Quick and easy dinners
and after school snacks



VitaflorTM



Starting School

During the week, time can be tight, and after a busy day at pre-school/school, it won't be long until children start to ask for their evening meal. It's always useful to have some after school snack ideas, and some quick and easy, go-to, low protein recipes to make mealtimes as manageable as possible.

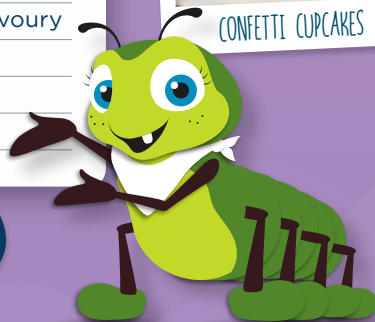
EASY SNACKS!

Here are a few low protein snack ideas to keep rumbling tummies satisfied whilst they wait for their meal...

- Permitted vegetable sticks and low protein dip
- Chopped permitted fruit chunks
- Low protein cheese slices or spread and low protein crackers
- Low protein chocolate bar and a glass of permitted milk alternative
- Low protein cereal, dry or with permitted milk alternative
- Low protein mini muffins – sweet or savoury
- Bagels and permitted spread



YUMMM!



1-week Low Protein Evening Meal Plan

The meals in this 1-week plan are all low protein and exchange free; you can add phe exchanges to your child's meal as advised by your child's dietitian.

Except for the roast, all these meals take less than an hour to make, including cooking time, and it's always nice to spend more time on something special on a Sunday. You could even get your child involved!



MONDAY

AUBERGINE ROGAN JOSH LOW PROTEIN RICE

TUESDAY

PESTO RISOTTO WITH LOW PROTEIN CIABATTA

WEDNESDAY

VEGETABLE STEW WITH LOW PROTEIN BREAD

THURSDAY

JACKFRUIT FAJITAS

FRIDAY

CREAMY MUSHROOMS ON LOW PROTEIN TOAST

SATURDAY

PIZZA AND SWEET POTATO FRIES

SUNDAY

VEGETABLE WELLINGTON
AND ROAST DINNER TRIMMINGS

Remember to include your child when you decide your meal plan and the preparation as much as possible. This way, they know what to expect and they will be more likely to eat their meal. You don't need to stick to the meal plans exactly, but this will help you organise your weekly shop.

All recipes have been designed specifically for a low protein diet. For all recipes refer to labels for allergen and other product information. Prozero and Fate Low Protein All-Purpose Mix are Foods for Special Medical Purposes and must be used under medical supervision.

MONDAY

AUBERGINE ROGAN JOSH



Preparation time:
20 minutes



Cooking time:
20 minutes



Recipe makes:
2 portions

INGREDIENTS

- 2 Garlic cloves, crushed
- 10g Fresh ginger, grated
- 10g Fresh coriander, chopped
- 2 tbsp Oil
- 1 Chilli, deseeded and finely chopped
- 150g Onion, peeled and diced
- 150g Aubergine, chopped into 1 cm chunks
- 3 Cardamom pods
- 1 tsp Cumin seeds
- 1 tsp Garam masala
- 1 tsp Coriander seeds
- 1 Cinnamon stick
- 1/2 tsp Black peppercorns
- 1 tsp Lemon juice
- 80g Tinned chopped tomatoes
- 100ml Vegetable stock

SERVE WITH
LOW PROTEIN RICE OR
OUR MANGO NAANS
(SEE RECIPE AT VITAFRIENDS.CO.UK)

DELICIOUS!



IT'S
TIME TO
COOK



COOKING METHOD

- Step 1** Place the garlic, ginger, coriander, 1 tbsp oil and chilli into a blender and blend into a smooth paste.
- Step 2** Place a large pan over a medium heat, add the paste, onions and the aubergine and cook until the vegetables are soft and slightly golden.
- Step 3** Add the cardamom pods, cumin seeds, garam masala, coriander seeds, cinnamon stick and black peppercorns to the pan and cook for a further 5 minutes.
- Step 4** Add the lemon juice, the chopped tomatoes and the vegetable stock.
- Step 5** Cook on a low heat for 10 minutes or until desired consistency.
- Step 6** Take off the heat, remove the cinnamon stick and serve.



TUESDAY

PESTO RISOTTO



Preparation time:
10 minutes



Cooking time:
25 minutes



Recipe makes:
1 portion

INGREDIENTS

- 80g Fresh basil
- 4 Garlic cloves, peeled
- 4 tbsp Olive oil
- 100g Low protein rice
- 500ml Vegetable stock

FOR THIS
RECIPE YOU WILL
NEED A BLENDER.

WHAT'S FOR
DINNER TONIGHT?



COOKING METHOD

- Step 1** For the pesto, place the basil, garlic and oil in a blender and blitz until smooth, season to taste.
- Step 2** For the risotto, add the pesto to a pan and cook for 2 minutes over a medium heat.
- Step 3** Add the rice and cook for a further 3 minutes.
- Step 4** Pour in 1/3 of the vegetable stock and stir continuously allowing the liquid to be absorbed into the rice, repeat this step 3 times until all of the vegetable oil has been absorbed and serve.

LET'S COOK!



WEDNESDAY

VEGETABLE STEW



Preparation time:
15 minutes



Cooking time:
20-25 minutes



Recipe makes:
2 portions

INGREDIENTS

- 1 tbsp Oil
- 1/2 tsp Garlic purée
- 1/2 tsp Tomato purée
- 100g Closed cup mushrooms, quartered
- 100g Mixed peppers, diced
- 100g Courgette, diced
- 100g Sweet potato, diced
- 100g Onions, peeled and diced
- 100g Leek, finely chopped
- 1/2 a Carrot, peeled and diced
- 400g tin of Chopped tomatoes
- 15ml Cold water
- Pinch of Salt and pepper to taste (optional)



LOW PROTEIN BREAD



Preparation time:
60 minutes
Including proving time



Cooking time:
40 minutes



Recipe makes:
1 loaf

INGREDIENTS

- 380ml Warm water
- 6g Dried yeast
- 3g Sugar
- 9g Psyllium husk powder
- 500g Fate Low Protein All-Purpose Mix
(plus extra for dusting)
- 5 tbsp Oil

YOU WILL NEED
A LOAF TIN
(23x12x7CM)

ARE YOU READY
TO COOK DINNER?





VEGETABLE STEW COOKING METHOD

- Step 1** Heat the oil in a large pan on medium heat and add the garlic and tomato purée.
- Step 2** Add all chopped vegetables cook for 10 minutes until they are all soft.
- Step 3** Add the chopped tinned tomatoes and water.
- Step 4** Bring to the boil and then simmer for a further 10-15 mins, stirring occasionally.
- Step 5** Season to taste.

THIS CAN BE TAKEN
TO SCHOOL IN A FLASK
FOR A HOT LUNCH.



LOW PROTEIN BREAD COOKING METHOD

- Step 1** Preheat the oven to 200°C/fan 180°C/gas mark 6.
- Step 2** Place the water, dried yeast, sugar and psyllium husk into a bowl, stir well and allow to stand for 10 minutes, until the mixture thickens.
- Step 3** In another bowl, place the Fate Low Protein All-Purpose Mix and 4 tbsp oil. Add to the thickened mixture and combine until it forms a dough.
- Step 4** Leave the dough to rise in a warm place for 30 minutes, until doubled in size.
- Step 5** Dust a surface with the Fate Low Protein All-Purpose Mix and roll dough into a loaf shape. Place into the loaf tin.
- Step 6** Brush the loaf with remaining oil. Rest for another 10 minutes.
- Step 7** Oven bake for 40 minutes or until golden brown then leave to cool before serving.



THURSDAY

JACKFRUIT FAJITAS



Preparation time:
10 minutes



Cooking time:
20 minutes



Recipe makes:
4 portions

INGREDIENTS

- 2 tbsp Oil
- 1 Red onion, sliced
- 1 Red pepper, sliced
- 1 Green pepper, sliced
- 5 Mushrooms, sliced
- 1/4 Aubergine, sliced
- 4 Cherry tomatoes, quartered
- 3 Garlic cloves, crushed
- 140g Tinned Jackfruit, drained and shredded
- 10g Coriander, chopped
- 1 tbsp Fajita mix
- 2 tbsp Tomato purée
- 1/4 Lemon
- Salt and pepper to taste
- 4 Low protein tortillas (see recipe at vitafriends.co.uk)

SERVE WITH
GUACAMOLE OR SALSA.
(SEE THE RECIPE ON
WWW.VITAFRIENDSPKJ.CO.UK/RECIPES)



TOP TIP:
ADD SOME CHILLI
POWDER FOR A
SPICY KICK!

COOKING METHOD

- Step 1** Heat the oil in a frying pan on medium heat.
- Step 2** Add the onion, peppers, mushrooms, aubergine, cherry tomatoes, garlic and jackfruit to the frying pan and fry for 5 minutes.
- Step 3** Add the coriander, fajita mix, tomato purée and lemon and cook for a further 10-15 minutes or until soft.
- Step 4** Using a fork, remove the lemon and season to taste.
- Step 5** Spoon the fajita mixture into the low protein tortillas and serve.

MY FAVOURITE!



FRIDAY

CREAMY MUSHROOMS ON TOAST



Preparation time:
10 minutes



Cooking time:
15 minutes



Recipe makes:
2 portions

INGREDIENTS

- 2 tbsp Oil
- 100g Mushrooms, sliced
- 80g Onion, peeled and sliced
- 1 Spring onion, sliced
- 2 tbsp Fate Low Protein All-Purpose Mix
- 200ml ProZero
- 4 Slices of low protein bread, toasted
- Salt and pepper to taste

ADD SOME
CHOPPED TARRAGON
AS A GARNISH.



COOKING METHOD

- Step 1** Place the oil, mushrooms, onion and spring onion to the pan over a medium heat and fry for 5 minutes or until soft.
- Step 2** Stir in the Fate Low Protein All-Purpose Mix.
- Step 3** Add the ProZero to the pan, stir and simmer for 10 minutes or until reduced.
- Step 4** Season to taste and serve on top of the toast.

READY
STEADY
COOK!



SATURDAY

PIZZA



Preparation time:
60 minutes
Including rising time
for dough



Cooking time:
20-25 minutes



Recipe makes:
2 pizzas

INGREDIENTS

Pizza Base

- 200ml ProZero
- 175ml Warm water
- 6g Sachet dried yeast
- 9g Psyllium husk powder
- 3 tbsp Olive oil
- 1/2 tsp Salt
- 500g Fate Low Protein All-Purpose Mix
(plus extra for dusting)
- 1 tsp Mixed dried herbs

Topping

- 100g Passata sauce
- 100g Mushrooms, chopped
- Red pepper, sliced
- Red onion, chopped
- Violife mozzarella flavour block, grated
- 1 tbsp Olive oil

TRY ALTERNATIVE
PIZZA TOPPINGS
WITH PERMITTED
VEGETABLES



Preparation time:
10 minutes

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Cooking time:
35 40 minutes

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Recipe makes:
1 portion

SWEET POTATO FRIES

INGREDIENTS

- 100g Sweet potato, peeled
- 20g Brown sugar
- 60g Olive oil

ADD CINNAMON,
GINGER OR OTHER HERBS
AND SPICES TO THE OIL
AND SUGAR MIX





FOR ADDED SPICE
TRY USING CHOPPED
FRESH CHILLIES

COOKING METHOD

- Step 1** Place ProZero, warm water, yeast, psyllium husk powder, oil and salt into a mixing bowl and stir until combined. Leave to rest for 10 minutes.
- Step 2** Add Fate Low Protein All-Purpose Mix and dried herbs and combine by hand until a dough forms.
- Step 3** Knead for 2 minutes and leave to rise in a warm place for 30 minutes. Meanwhile, preheat oven to 200°C/180°fan/gas mark 6.
- Step 4** Dust your hands and work surface with Fate Low Protein All-Purpose Mix and divide dough into two equally sized balls.
- Step 5** Using your hands shape one of the balls into a flat, circular pizza base with a thickness of 1cm and set aside.
- Step 6** Knead the other dough ball for a further 2 minutes, then using your hands shape into flat, circular pizza base, as above.
- Step 7** Brush the sides with 1 tbsp oil. Then spread the passata sauce using the back of spoon evenly over
- Step 8** Add the mushrooms, pepper and red onion equally and sprinkle with and Violife mozzarella flavour block.
- Step 9** Place the pizzas on an oven tray and cook for 20-25 minutes.



COOKING METHOD

- Step 1** Pre-heat oven to 200°C /fan 180°C/gas mark 6.
- Step 2** Cut sweet potato in to thin fries.
- Step 3** In a large bowl mix together olive oil and brown sugar.
- Step 4** Add fries to mixture and coat.
- Step 5** Place fries on a greased baking tray.
- Step 6** Cook for 35-45 minutes until golden and crispy.

TOP TIP: ADD A TABLE
SPOON OF BBQ SAUCE OR MAPLE
SYRUP INTO COATING MIXTURE BEFORE
BAKING FOR EXTRA FLAVOUR.



SUNDAY

VEGETABLE WELLINGTON



Preparation time:
50 minutes



Cooking time:
45 minutes



Recipe makes:
5 servings

INGREDIENTS

To make the filling:

- 150g Sweet potato, peeled and chopped into 2cm chunks
- 2 tbsp Oil
- 100g Swede, peeled and finely diced
- 70g Carrot, peeled and finely diced
- 50g Parsnip, peeled and finely diced
- 100g Butternut squash, peeled and finely diced
- 50g Leek, finely sliced
- 50g Onion, finely diced

To make the pastry:

- 1 tsp Dried sage
- 1 tsp Dried thyme
- 5g Fresh sage
- 5g Fresh thyme
- 1 Garlic clove, minced
- Salt and pepper to taste
- 20ml Water
- 2 tbsp Cranberry sauce
- 20ml ProZero (plus extra for brushing)
- 250g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 125g Soft Margarine
- 1 tsp Paprika
- 1 tsp Dried mixed herbs
- 50ml water

SERVE WITH
APPLE SAUCE



ROAST DINNER TRIMMINGS



Preparation time:
40 minutes



Cooking time:
1 hour



Recipe makes:
2 portions

INGREDIENTS

For the roasted sweet potatoes:

- 2 Sweet potatoes, peeled and chopped into quarters
- 2 tbsp Oil
- 2 tsp Mixed herbs, dried

For the roasted parsnips:

- 2 Parsnips, peeled and chopped in half lengthways
- 2 tbsp Oil
- 1 tbsp Golden syrup
- 2 tsp Thyme

For the carrots, red cabbage and green beans:

- 2 Carrots, peeled and chopped
- 1/2 Red cabbage, sliced
- 100g Green beans, ends removed

For the gravy:

- 15g Bisto onion gravy granules
- 200ml Boiling water

SERVE WITH SAGE
AND ONION STUFFING
(SEE RECIPE AT VITAFRIENDS.CO.UK)



VEGETABLE WELLINGTON COOKING METHOD

- Step 1** Rub the Fate All-Purpose Mix and the margarine together with your fingertips in a mixing bowl until it resembles coarse breadcrumbs.
- Step 2** Add the paprika, mixed herbs and water to the breadcrumbs and stir until combined. Then leave to rest for 10 minutes.
- Step 3** Dust a clean work surface with Fate Low Protein All-Purpose Mix and knead the pastry until smooth. Roll the pastry out with a rolling pin into a 30cmx25cm rectangle.
- Step 4** Meanwhile, boil the sweet potato chunks in water until soft. Then drain the sweet potatoes and mash until smooth.
- Step 5** In a separate pan, heat the oil over a medium heat and add the swede, carrot, parsnip, butternut squash, leek and onion and cook for 5 minutes.
- Step 6** Add the herbs, garlic, salt and pepper and cook for another 5 minutes. Then add the water and cook until it evaporates.
- Step 7** Add the cranberry sauce and the mashed sweet potatoes and mix until combined.
- Step 8** Cook for a further 5-10 minutes or until the vegetables are soft, then set aside and allow to cool slightly.
- Step 9** Meanwhile, preheat the oven to 200°C/180°C fan/gas mark 6.
- Step 10** Once the vegetables have cooled slightly, add the vegetable mixture to the centre section of the pastry, leaving enough room around the edges for the pastry to be folded over to cover the filling.
- Step 11** Brush the sides of the pastry with the ProZero and fold the pastry sides in towards the centre, letting one side of the pastry overlap the other to seal.
- Step 12** Turn the pastry parcel over so that the top is smooth and decorate using any spare pastry.
- Step 13** Brush with ProZero and roast in the oven for 45 minutes. Once ready remove from the oven, slice and serve.



ROAST DINNER TRIMMINGS COOKING METHOD

Preheat the oven to 200°C/180°C fan/gas mark 6.

For the roasted sweet potatoes:

- Step 1** Add the sweet potatoes, oil and mixed herbs to a bowl and massage with the seasoning until the potatoes are covered.
- Step 2** Place on a baking tray and roast in the oven for 45 minutes or until caramelised and golden.

For the roasted parsnips:

- Step 1** Add the parsnips, oil and golden syrup to a bowl and massage with the mixture until the parsnips are covered.
- Step 2** Place on a baking tray and roast in the oven for 45 minutes or until caramelised and golden.

For the carrots, red cabbage and green beans:

- Step 1** Boil the carrots in a pan for 10 minutes.
- Step 2** Add the red cabbage and green beans and boil for a further 5 minutes.

For the gravy:

- Step 1** Add the Bisto gravy granules to a jug.
- Step 2** Add 200ml boiling water and stir until dissolved.



TASTY!





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