



FOCUS ON PASTA

Loprofin Pasta range is the biggest and best available. All our pasta is made in Italy and delivers great quality and choice, with numerous shapes to add variety to any mealtime.

Loprofin Pasta is now available in **10 different shapes**:



FUSILLI



PENNE



CONCHIGLIE



GNOCCHETTI SARDI



TAGLIATELLE



SPAGHETTI



VERMICELLI



LASAGNE



MACARONI ELBOWS



ANIMAL PASTA

LOW PROTEIN MACARONI CHEESE

Ingredients:

140g (5 ½ oz) **Loprofin Penne Pasta**

1tbsp cooking oil

1tsp salt

Sauce:

25g (1oz) butter

25g (1oz) Loprofin Low Protein Mix

500ml (2½ cartons) Sno-Pro Low Protein drink*

¼ tsp salt

Black pepper to taste

2 x 20g packs of cheese flavoured Quavers*, crushed

25g (1oz) breadcrumbs from a Low Protein loaf

1 litre (1 ¾ pint) shallow ovenproof dish, lightly greased

Oven temperature: 200°C/400°F/Gas Mark 6

Method:

1. Three quarters fill a large saucepan with water, bring to the boil, add the Loprofin Low Protein pasta, oil and salt to the pan. Return to the boil, stirring. Reduce the heat slightly and cook on a slow boil for 10 minutes, stir occasionally to prevent the pasta from sticking together. When the pasta is cooked, drain well.
2. Meanwhile prepare the sauce - melt the butter in a saucepan, over a low heat, blend the Loprofin Mix and 100ml Sno-Pro until smooth, add to the saucepan with the remaining Sno-Pro and bring to the boil, stirring.
3. Remove the pan from the heat and stir in the salt, black pepper to taste and 1 packet of crushed Quavers, continue stirring for a few seconds until thoroughly blended.
4. Add the cooked pasta, tossing lightly together then spoon into the ovenproof dish, levelling the surface.
5. Combine the remaining crushed Quavers with the breadcrumbs and sprinkle evenly over the pasta, place the dish in a preheated oven for 15 minutes, until the top is golden brown.

Chefs Tip:

Certain brands of white lasagne sauce can also be used in this recipe in place of making your own white sauce. This could reduce the number of exchanges in this dish. Please check with your Dietitian for a suitable brand.

**Please note- 1 carton (200ml) of Sno-Pro = ½ an exchange
-2 packets of Quavers = 1 exchange*





VEGETABLE BOLOGNAISE

Ingredients:

- 1–2 tbsp olive oil
- 1 small carrot (finely chopped)
- 1 small onion (finely chopped)
- 1 clove of garlic (crushed)
- ½ small red pepper (finely chopped)
- 3 mushrooms (finely chopped)
- 1 piece of celery (finely chopped)
- 1 x 365g can of chopped tomatoes
- Salt and black pepper to taste
- 1 tbsp freshly chopped basil



Method:

1. Heat the oil in a medium pan.
2. Fry the onion and garlic for 2-3 minutes until soft.
3. Add the remaining chopped vegetables and cook for a further 3-4 minutes.
4. Add the canned tomatoes, salt, pepper and basil.
5. Simmer for 15-20 minutes until the vegetables are soft.
6. Serve with freshly cooked Loprofin Long Spaghetti.

PASTA WITH AUBERGINE AND TOMATOES

Ingredients:

- 1 large aubergine
- 1 clove garlic, finely chopped
- Olive oil
- 200g can chopped tomatoes
- 2 tbsp sliced fresh basil
- Salt and freshly ground black pepper
- 100g Loprofin Conchigle Pasta



Method:

1. Cut the aubergine into cubes approximately 2cm in size.
2. Heat a little olive oil in a pan, add the aubergines and cook to golden-brown on all sides. Remove and place in a bowl.
3. Heat the remaining olive oil over a medium heat. Add the garlic and fry for one minute, then add the tomatoes and the aubergines and stir well. Add the basil, salt and black pepper and simmer for 20 minutes.
4. Meanwhile, cook the Loprofin Low Protein Conchigle Pasta in boiling water for 8-10 minutes or until just softened. Drain the pasta.
5. Add the pasta to the aubergine sauce, mix well and serve.