

Pasta and Broccoli au Gratin

Ingredients

150g/5oz Loprofin protein pasta

180g/6oz broccoli florets*

* may need to count as exchanges



For the Sauce

30g/1oz Loprofin low Protein Mix

30g/1oz margarine

200ml (1 carton) low protein milk

100ml/4fl.oz water

Salt and ground black pepper

Chopped parsley

Topping

25g/1oz margarine

50g/2oz Loprofin or Rite Diet Low Protein Bread, crumbed

Cayenne pepper

Chopped parsley

Method

1. Cook the pasta in a large saucepan following directions on the pack.
2. Drain and rinse.
3. In a separate saucepan, boil the broccoli in salted water for a short while, drain and rinse with cold water to keep green.
4. Combine the ingredients to make a white sauce using the 'all in one' method.
5. Cook in a saucepan on the hob or in a microwave oven until smooth and thickened.
6. Season to taste.
7. Stir the cooked pasta, broccoli and parsley into the sauce.
8. Transfer into a greased ovenproof dish.
9. To make the topping, melt the margarine in a small pan, adding the breadcrumbs, cayenne pepper and parsley.

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10. Sprinkle over to cover the top and place under a hot grill until golden brown.
11. Garnish and serve hot.

This recipe was provided by Nutricia Metabolics

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