

Pasta with Winter Ratatouille

Ingredients

210g/7oz sweet potatoes, peeled and cut into wedges*

210g/7oz parsnips, peeled and cut into large pieces

210g/7oz carrots, washed and cut into large pieces

120g/4oz red onions, cut into quarters

3-4 cloves of garlic

2 tablespoons olive oil

75ml/2½fl.oz clear honey

2 sprigs rosemary, plus extra chopped rosemary to garnish

Salt and freshly ground black pepper

Low protein pasta

800ml/1½ pint passata

* may need to count as exchanges

Method

1. Preheat the oven to 200°C/400°F/Gas Mark 6.
2. Place all the vegetables and the garlic on an oven tray and drizzle with the olive oil and honey. Add the sprigs of rosemary and season well. Cook for about 20 minutes until all the vegetables are tender and browned.
3. While the vegetables are in the oven, cook the low protein pasta according to packet instructions.
4. Remove vegetables from the oven, squeeze the cloves of roasted garlic over the vegetables and tip everything in a saucepan.
5. Add the passata, bring to the boil and allow to simmer gently for a minute or two.
6. Serve on top of the pasta and garnish with chopped rosemary.

This recipe was provided by Nutricia

National Centre for Inherited Metabolic Disorders