

Butternut Squash Stroganoff

Ingredients

- 75g butter
- 1 teaspoon garlic, crushed
- 1 large onion, chopped
- 200g Portobello mushrooms, sliced*
- 100g red pepper, chopped
- 150g butternut squash, chopped
- 350ml vegetable stock
- 350ml low protein milk
- 4 tablespoons Loprofin Mix
- 1 tablespoon fresh parsley, chopped
- Salt and pepper, to taste
- * may need to count as exchanges

Method

1. Melt the butter in a large, heavy frying pan over a medium heat.
2. Add the onion, pepper, butternut squash and garlic, stirring until the vegetables have softened.
3. Turn the heat up to medium-high and add the mushrooms. Cook until they are softened and browned.
4. Transfer the vegetables to a bowl and set aside.
5. In the same pan, add the vegetable stock and stir. Bring the stock to the boil and cook until the mixture has reduced by one-third.
6. Reduce the heat to low and return the vegetables to the pan.
7. In a small bowl, mix the low protein milk with the Loprofin Mix to create a paste.
8. Remove the pan from the heat and add the paste to the pan and stir.
9. Return the pan to the heat and continue to cook over a low heat, until the sauce thickens.
10. Stir in the parsley and season to taste with salt and pepper.

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National Centre for Inherited Metabolic Disorders