

Fate Mushroom & Red Pepper Goulash

Ingredients

4 tablespoons oil

400g onion

200g mushrooms*

250g red pepper

1 tablespoon paprika pepper

2 tablespoons tomato purée

400g tin tomatoes

200ml water

Salt & pepper to season

* may need to counted as exchanges

Method

1. Chop the onions, red pepper and mushrooms into medium sized pieces.
2. Put a saucepan on to heat. Put in the oil and when it is hot, add the vegetables. Cook over a high heat for about 5-10 minutes until beginning to brown.
3. Add the paprika pepper, turn down the heat and leave to cook for another 1-2 minutes. Stir in the tomato purée and tin of tomatoes. Add the water.
4. Season well with salt and pepper. Leave to cook for 20-30 minutes until the vegetables are cooked.
5. If you are making Fate Dumplings, gently place them on top of the Goulash in the pan. Do not stir in, and leave to cook with a lid on the pan for about 5 minutes until cooked through.

This recipe was provided by Fate Low Protein Foods

National Centre for Inherited Metabolic Disorders