

## **Rice Vegetable Cutlets – Makes 2 servings**

### **Ingredients**

120g/4oz Loprofin Rice

120g/4oz white cabbage, finely chopped

120g/4oz carrot, finely chopped

60g/2oz celery, thinly sliced

60g/2oz leek, thinly sliced

60g low protein breadcrumbs (made using Loprofin Part Baked Sliced Loaf)

2 teaspoons Loprofin Egg Replacer

1 tablespoon margarine

Salt & pepper

100ml olive oil

### **Method**

1. Rinse the Loprofin Rice under cold water to remove the starch. Add the rice, salt and olive oil to a saucepan  $\frac{3}{4}$  full with water and bring to the boil. Reduce the heat slightly and cook for 8-10 minutes, stirring to prevent the rice sticking together. Once cooked, drain and set aside.
2. In a separate pan, add the chopped white cabbage, carrot, celery and sliced leeks. Add 1 tablespoon margarine and 100ml of water. Stir continuously and cook until the vegetables are soft.
3. Once the vegetables are cooked, allow them to cool down and place them in a bowl. Add the cooked rice, salt, pepper, Loprofin Egg Replacer and mix together.
4. Using a spoon, shape the mixture in circular shapes and then cover the cutlets in the low protein breadcrumbs.
5. Heat the olive oil in a frying pan and fry the cutlets on both sides until golden brown and crispy.

This recipe was provided by Nutricia

*National Centre for Inherited Metabolic Disorders*