

## Onion, Pepper & Courgette Tartlets

### Ingredients

- 1 small onion, chopped
- 1 medium red pepper, sliced
- 1 medium courgette
- 1 tablespoon cooking oil
- 125mls of low protein milk –
- 1 packet of Snax – **½ exchange, may need to count**
- Salt and Pepper to taste

### Method

1. Pre- heat the oven to 200°C/400°F/Gas Mark 6
2. Place the Loprofin Mix in a large bowl. Cut the margarine and lard into small pieces and rub into the mix until the texture resembles coarse breadcrumbs.
3. Stir in sufficient water to attain a soft manageable dough.
4. Transfers the dough to a work surface dusted with Loprofin Mix and knead for 30 seconds until smooth.
5. Roll out the dough and cut into rounds using a 7.5cm (3 inch) cutter. Use the dough to line 12 tartlet or bun tins.
6. Prepare the filling: chop the onion, pepper and courgette. Fry in the oil for 3-4minutes, until tender. Keep hot.
7. Heat low protein milk, add the crushed Snax and stir until dissolved. Add to the vegetables with seasoning to taste. Cook 1-2 minutes over a moderate over a moderate to low heat, stir occasionally.
8. Divide the filling evenly between the cooked pastry cases. Bake in a pre- heated oven for 12-15 minutes until lightly coloured
9. Enjoy hot or cold

This recipe was provided by Nutricia Metabolics