

## **Promin Pepperonata**

### **Ingredients**

Promin Low Protein Flat Noodles

Promin Low Protein Tomato & Basil Sausage Mix (may need to count exchanges)

Red, green, yellow and orange peppers

Olive oil

Red wine vinegar

Salt & pepper

### **Method**

1. Mix, form and cook Promin Low Protein Tomato & Basil Sausages according to the packet.  
When cooked and cooled, cut into slices.
2. Deseed and slice the peppers into long strips.
3. Heat 175ml (6fl.oz) of olive oil in a heavy-based saucepan and add the peppers, tossing well to coat them in the oil.
4. Simmer on a low heat, and cover for 30 minutes.
5. Remove the pan from the heat and stir in 4 tablespoons of red wine vinegar, 25g/1oz castor sugar and a good pinch of salt to taste.
6. Place the noodles in cold water, bring to the boil and simmer for 3-4 minutes, then add to the peppers and sausages.

This recipe was provided by Promin

*National Centre for Inherited Metabolic Disorders*