

Spaghetti Pie

Ingredients

- 2 tablespoons vegetable oil
- 1 teaspoon salt
- 120g/4oz Loprofin Spaghetti
- 1 medium onion, chopped
- 1 small green pepper, sliced
- 120g/4oz button mushrooms, halved
- 150ml/6fl.oz vegetable stock
- 100ml/4fl.oz low protein milk
- ½ teaspoon ground nutmeg
- 1 tablespoon corn flour
- 1-2 tablespoons dry sherry or water
- Salt and pepper
- Garnish with parsley
- Oven temperature: 180°C/350°F/Gas Mark 4



Method

1. Three quarters fill a large pan with water and bring to the boil. Add 1 tablespoon of oil, salt and Loprofin Spaghetti (ease the spaghetti into the water as it begins to soften.) Return to the boil, stirring. Reduce the heat slightly and cook for 6 minutes, stirring occasionally to prevent the pasta from sticking together.
2. Meanwhile, fry the onion in the remaining oil, until transparent. Add the pepper and mushrooms, cover and cook for two minutes, stirring occasionally.
3. Stir in the stock, low protein milk and nutmeg, and bring to the boil.
4. Blend the corn flour and sherry together and stir into the sauce. Reheat and adjust seasoning to taste.
5. Drain and rinse the spaghetti in boiling water, drain thoroughly and arrange over the base and sides of two individual gratin dishes. Spoon the vegetables and sauce into the centre and bake in a preheated oven for 20 minutes.
6. Garnish with sprigs of parsley and serve with tomato salad.

This recipe was provided by Nutricia

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