

Spooky Stew (Makes 2 servings)

Ingredients

450g (18oz) carrot, thinly sliced

65g (2 ½oz) onion, chopped

100g (4oz) celery, thinly slices

125g (5oz) fennel, chopped

2 garlic cloves, crushed

500ml vegetable stock*

400g (16oz) tin chopped tomatoes

75g (3oz) Loprofin penne pasta

2 teaspoon dried parsley

1 teaspoon dried oregano

¼ teaspoon salt

½ teaspoon paprika pepper

*check protein content on label

Method

1. Place the prepared vegetables, garlic, stock and tomatoes in a medium sized saucepan.
2. Cover with water, bring to the boil, then reduce the heat slightly, cover and simmer for 10 minutes.
3. Stir the Loprofin Penne Pasta, herbs and seasonings, into the pan and bring to the boil again.
4. Reduce the heat, cover and simmer for a further 10 minutes, until pasta is cooked, stirring occasionally during cooking.
5. Serve at once with Loprofin Bread Rolls.

This recipe was provided by Nutricia Metabolics