

Low Protein Burrito Bowl

Makes: 1 serving

Exchanges:

- 1 (without baby corn)
- 2 (with baby corn)

Ingredients

- Promin Burger Mix Original/Chilli* (1ex. For PKU, 0.5 ex. HCU and MSUD)
- Low Protein Rice 100g cooked
- 1/2 a pepper
- 1/2 onion
- 5 florets of **broccoli**
- 5 baby corn* (1 ex)
- Mange touts 50g
- 1 tsp garlic powder
- 1 tsp chilli powder/chilli flakes
- 1 tsp paprika
- 1 tsp onion powder
- 1 tbsp of Tomato Puree
- 1 tsp olive oil
- Violife cheese (optional)



*Please note up to 8 florets of broccoli can be eaten freely. An extra portion of broccoli should be counted as one exchange.

Method

1. Place a saucepan on a medium boil and add the baby corn, broccoli and mangetout to the water. Cook for 10 mins.
2. Heat a wok/pan to medium heat and add in 1 tsp of oil.
3. Add peppers and onion to the wok and cook until soft.
4. When your vegetables are boiled, transfer them into the wok and begin boiling the low protein rice according to its package.
5. While the rice is cooking, make up the burger mix according to the packet and add to the wok with the vegetables and mix.
6. Stir in all the seasoning to the wok along with the tomato puree.
7. When the rice is cooked, add to the wok and mix together before serving.
8. Top with some Violife cheese if you wish.

Thanks Lorraine- a parent, for the tasty recipe!

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