

Low Protein Cheese & Onion Pastry

Makes:8

Exchanges:0

Ingredients:

- 2g salt
- 500g low protein all purpose mix
- 300g butter
- 175mls cold water
- 240g violife grated cheese
- 1 onion
- 1 tsp olive oil/ a few sprays of oil



Method:

1. Preheat the oven to 200 degrees celsius.
2. Add the low protein all purpose mix to a bowl with the cold butter. Gently rub the butter into the mix using your fingertips until only little pieces of butter remain in the bowl.
3. Add 175mls of water to the mixture slowly, creating a ball of dough using your hand. You want a texture that allows the mixture to gather, yet not too sticky or wet.
4. Cover the bowl with the dough in cling film and place in the fridge for 10 minutes.
5. In this time, dice your onion and fry on medium heat with a few sprays/ 1 tsp of oil until fully cooked.
6. After 10 minutes, dust your countertop and roll out your chilled dough . Cut your pastry into 8 rectangles.
7. Add 30g of violife cheese and some of the fried onion into each rectangle and fold it in half, piercing the center and sealing the edges with a fork.
8. Place the 8 pastries onto a cooking tray thats dusted with low protein mix.
9. Brush the tops with some prozero milk or a little oil, before cooking for 20-25 minutes until the pastry has a slight golden-brown colour.

Want to add some exchanges?

- Promin sausage mix (1 pack=0.5 ex.)
- Promin original burger mix (1pack=1ex. for PKU, 0.5ex. for HCU and MSUD)
- 'Jus-Rol gluten free puff pastry ready rolled' (50g uncooked portion= 1.5 ex.)
- Vegetarian Quorn Ham slices (1 slice=3.5 ex)

Thanks to Lorraine, a parent who has a child in our service!

National Centre for Inherited Metabolic Disorders