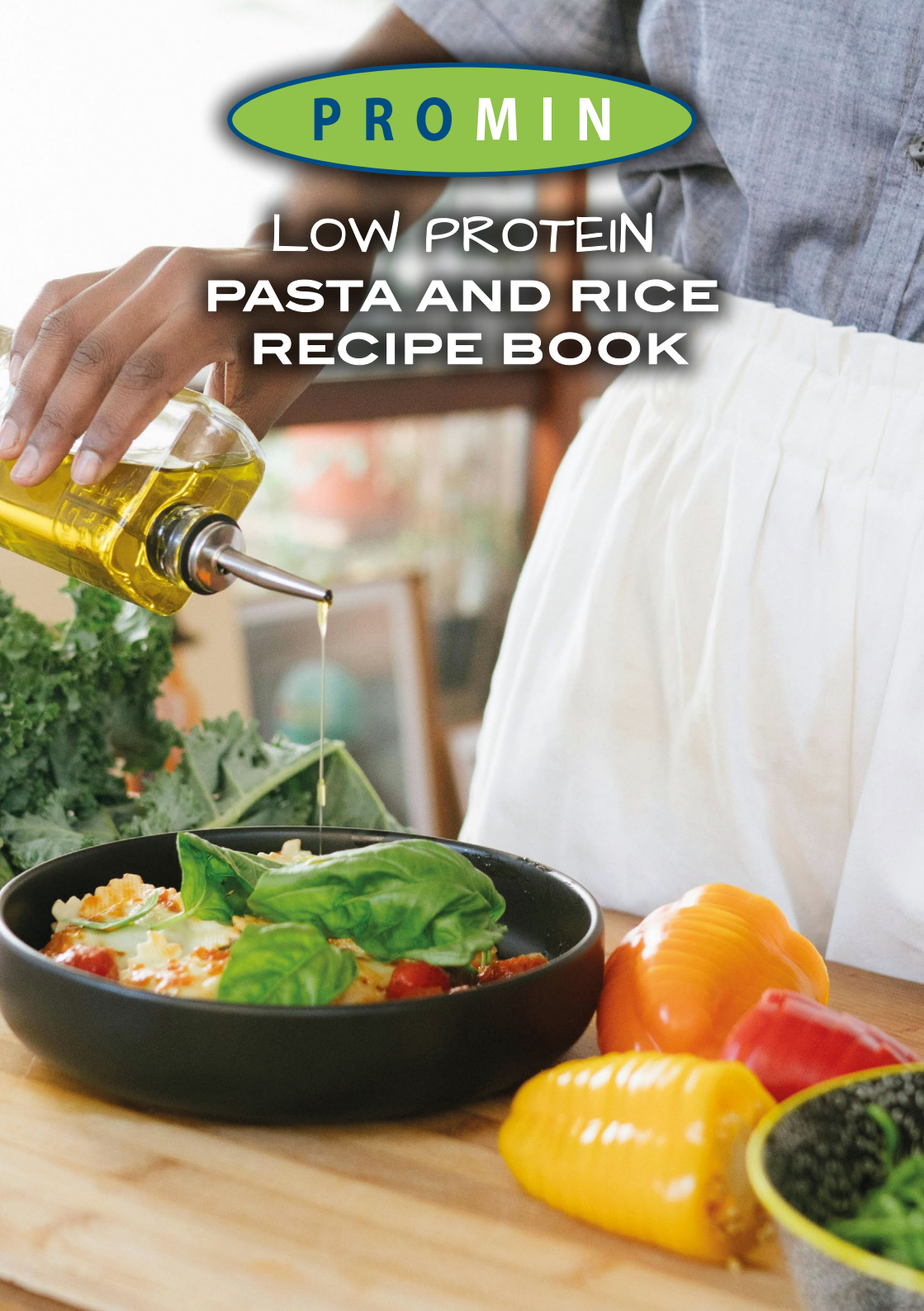


A person wearing a grey shirt and white apron is pouring olive oil from a glass bottle into a black bowl. The bowl contains pasta, tomatoes, and fresh basil leaves. In the foreground, there are yellow and red bell peppers and a bowl of black lentils. The background is a blurred indoor setting.

P R O M I N

**LOW PROTEIN
PASTA AND RICE
RECIPE BOOK**



LOW PROTEIN MEAL SOLUTIONS

To this day an owned and operated family business and established in 1993, the Promin brand originated in Stockport, United Kingdom in a facility dedicated exclusively to the production of low-protein products.

The brand's founder, Stephen Fletcher, boasts over 30 years of experience in low protein food manufacturing and remains committed to evolving low-protein meal solutions available through the Promin brand.

Promin pasta made its debut three decades ago, marking the inception of a product range that has expanded over the years in response to the needs expressed by parents, patients, and dietitians.

Our journey has been shaped by the continuous feedback and inspiration derived from the communities requiring low protein diets.



OUR MISSION:

The Promin mission is to provide continually developing ranges of quality food products that support people following restricted diets and to underpin this with exceptional customer service. We aim for the Promin brand to deliver innovation, convenience and taste.



We would like to extend our heartfelt appreciation to Chef Carl for developing these outstanding low protein recipes. His creativity and dedication have resulted in dishes that are not only delicious but also mindful of dietary needs. Every bite showcases his talent and commitment to culinary excellence. Thank you for making low protein eating both enjoyable and accessible.

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information and recipes



Low Protein "Chicken" and Mushroom Risotto

Ingredients:

- 1 litre of Water
- 200g Promin Low Protein Imitation Rice
- 1 x 62g packet of Promin Low Protein Burger Mix Chicken Flavour, stirred in to 100ml water
- 1 bunch of Fresh Parsley
- 1 teaspoon Garlic Purée
- 100g diced Onion
- 100g Mushrooms
- 2 Vegetable stock cubes, stirred into boiling water
- Oil
- Violife Cream Cheese
- Salt and Pepper to taste

Method:

1. Make up the Chicken flavour burger mix using one sachet adding 100ml of water and allow to set.
 2. Once set, mould the mixture into bite size chunks and begin to fry off in oil over a medium heat, turning occasionally.
 3. Meanwhile, boil the imitation rice in a litre of water for three minutes, and drain away the water.
 4. Once the chicken chunks have begun to seal and have crisped nicely, stir in 100g onion, 100g of mushrooms and 2/3 of the bunch of parsley and continue to cook until the vegetables begin to sweat.
 5. Add the rice to the pan and gradually add the stock so that the mixture absorbs the vegetable stock flavouring, allowing to reduce every time before stirring in another ladle.
 6. Once the mixture is cooked thoroughly throughout and the stock has cooked through, stir in 100g Violife cream cheese and allow to melt into the risotto.
- Add salt and pepper to taste.
7. Serve in a bowl, and garnish with remaining parsley.



Low Protein Mediterranean Vegetable Pasta

Ingredients:

200g Any Promin Low Protein Pasta

200g Pre prepared Mediterranean Vegetables

1 dessert spoon of Oil

1 tsp of Garlic Puree

1 tsp of Caster Sugar

1 tsp of Smoked Paprika

1 tsp of Italian Herb Seasoning

200ml Vegetable Stock

100g Violife Cheddar

Method:

1. Gently fry off the vegetables in oil.
2. Once the vegetables have begun to soften add in the garlic puree and stir until it has mixed into the vegetables.
3. Add the sugar, Italian seasoning and smoked paprika and continue to stir.
4. Add 200 ml of vegetable stock and stir in 100g of low protein pasta.
5. Stir the pasta until combined with the vegetables and add 1 teaspoon of tomato puree. Stir the tomato puree into the mix and cover with a lid.
6. Leave on a medium heat and stir every three minutes. Upon the second time add 50ml of water to assist the pasta in finishing cooking.
7. Upon the third time add 100g of Violife cheese and put the lid back on and allow to cook for a further three minutes.
8. Finally stir in the Cheese and serve into a bowl as a main meal, or perfect as a side dish!



Low Protein Baked Macaroni Cheese

Ingredients:

30g Promin Low Protein
Cheese Sauce

75g Promin Low Protein
Macaroni

30g Violife Grated Cheese

Herbs for garnish

Salt and Pepper

Method:

1. In a saucepan boil 1ltr of water. At boiling point add your macaroni to cook for 8 minutes. Pre-heat oven to 200C.
2. Place 30g of cheese sauce mix into a jug and add 100ml of boiling water. Whisk until the sauce is as smooth as possible.
3. Drain macaroni and stir into sauce, then place into an oven proof container topped with Violife grated cheese, cook for 10 minutes.
4. Remove from oven and serve. Add salt and pepper to taste and garnish with herbs.



Low Protein Moroccan Couscous

Ingredients:

120g Promin Low Protein Couscous

1 tbsp of Oil

1/2 pint of Boiling Water

1/2 Red Onion, sliced

1/2 Red Pepper

1 tbsp of Butter

1 tsp of Garlic Purée

3 tsp of Moroccan Spice

Fresh or Dried Coriander Leaf for garnish

Salt and Pepper to taste

Method:

1. Measure out the couscous and place into a suitable jug or bowl.
2. Pour in the half pint of boiling water and cover with a plate or cling film. Ideally a plate so the steam can still escape, if not pierce a small hole in the top of the cling film. Leave to stand for 10 minutes.
3. In oil gently stir fry the red onion and red pepper until they begin to soften.
4. Remove the lid from the jug and use a fork to fluff up the couscous, add a spoonful of butter, just to loosen the mixture slightly.
5. Add the couscous to the pan and allow the vegetables to infuse with the couscous. Keep breaking the couscous down with a spoon as you are cooking the products together.
6. Add garlic purée and Moroccan spice and continue to mix in.
7. Slightly add more boiling water to separate the mix just before serving, and cook until all the water has reduced / evaporated.
8. Garnish with coriander leaf and season with salt and pepper.



Low Protein "Lamb" Kebabs with Roasted Vegetable Couscous

Ingredients:

For the Kebabs:

3 packets of Promin Low Protein Burger Mix Lamb and Mint Flavour

300mls Water

2 tsp Moroccan seasoning

For the Couscous:

125g Promin Low Protein Couscous

1 litre of Vegetable Stock

1 Aubergine sliced

1 Red Onion diced

1 Red Bell Pepper diced

1 Yellow Bell Pepper diced

2 tsp Moroccan seasoning

1 tsp Garlic Purée

2 tbsps Oil

1 bunch of Flat Leaf Parsley

1 bunch of Fresh Mint

Salt and Pepper to taste

Method:

1. Pour 125g couscous into 1 litre of boiling vegetable and simmer for 5 minutes until soft, then drain with boiling water.
2. Fry off all of the vegetables in the oil, until they become slightly charred and crisp.
3. Continue to stir the couscous into the vegetables on a low heat and add the garlic puree and Moroccan seasoning. If the mixture starts to stick to the pan, add a spoon of water to the pan.
4. Using a mixing bowl make a paste using 300ml water and 3 packets of minted lamb burger mix, add the Moroccan seasoning to the dry mix before mixing with water.
5. Leave to set, and then gently roll on to an oiled surface your desired shape. Fry the kebabs off so that they are cooked throughout and nicely coloured.
6. Layer the couscous in the bottom of a bowl and garnish with the flat parsley. Place the kebabs on top and serve with minted yogurt.

metaX Low Protein YoguMaxx

- For 1 serving, take a small bowl and mix 17g of YoguMaxx with a whisk into 100ml of water. Chill for approximately 30 minutes. Once set mix in some roughly chopped mint to serve as a side with this dish.



Low Protein Arancini Balls

Great Hot or Cold!

Ingredients:

200g Promin Low Protein
Imitation Rice

1 ltr of Boiling Water

15g Coriander

100g Violife Cheese

2 tsp Garlic Purée

2 tsp Italian Herb Seasoning

100g Promin Low Protein
Breadcrumbs

100g Promin Low Protein All
Purpose Baking Mix

500ml Vegetable Oil

Salt and Pepper

Method:

1. Weigh 200g Promin Low Protein Imitation Rice and add to 1 litre of boiling water on high heat.
2. Boil and simmer for about 3 minutes until soft, then drain and rinse with boiling water.
3. Place the rice in a bowl, add Italian herbs, garlic purée, 15g chopped coriander, and 100g grated Violife cheese. Mix well.
4. Allow to cool, then chill in the fridge for 3–4 hours or until firm enough to shape.
5. Once chilled, form 8 even balls and coat lightly with Promin Low Protein All Purpose Baking Mix to hold their shape.
6. Sprinkle Promin Low Protein Breadcrumbs onto a tray and roll each ball until evenly coated and firm.
7. Heat 500ml of oil in a pan (or use an air fryer) and cook the arancini for 5–8 minutes, turning occasionally until golden.
8. Drain on kitchen paper to remove excess oil, let dry for a few minutes and serve with sweet chilli sauce and coriander garnish.



Low Protein Spaghetti and Meatballs

Ingredients:

150g Promin Low Protein
Spaghetti

2 sachets of Promin Low Protein
Burger Mix

500g Tomato Passata

2 tsp Garlic Purée

2 tsp Tomato Purée

3 tsp Mixed Herbs

3 tsp Paprika

2 tsp Sugar

1 Vegetable Stock Cube

1 Diced Red Onion

1 Diced Carrot

100g Violife Cheese

Oil

Method:

1. Empty the contents of the burger mix into a bowl and add 200ml water. Mix into a smooth paste and leave.
2. Using a teaspoon of oil gently cook the carrot and onion until the onion is golden brown. Stir in the garlic, herbs, and sugar.
3. Dissolve the stock cube in 100 ml of water and add to the pan of vegetables. Stir in the tomato purée and allow to simmer.
4. Mould the burger mix paste into meatballs on a lightly oiled surface.
5. Add 150g spaghetti to 1 litre of boiling water and cook for 8 minutes.
6. Drain the pasta and stir into the tomato sauce.
7. Cook meatballs in a frying pan turning occasionally.
8. Ensure the meatballs are fully cooked and add into the sauce with the spaghetti. Add salt and pepper to taste.
9. Serve and garnish with Violife cheese.



Low Protein Vegetable Lasagne

This recipe is based on serving a family of 4.
Suitable for home freezing.

Ingredients:

75g of Promin Low Protein Lasagne Sheets
60g Promin Low Protein Cheese Sauce Mix
1 Aubergine
1 Courgette
1 Sweet Potato
1 Red Onion
500g Tomato Passata
2 tsp Garlic Puree
2 tsp Tomato Puree
2 tsp Caster Sugar
2 tsp Italian Herb Seasoning
2 tsp Smoked Paprika
100g Violife Cheese
1 Vegetable Stock Cube
Drizzle of Oil
Salt and Pepper to taste

Method:

Preheat the Oven to 200 degrees/ Gas Mark 5

Vegetable and Tomato Sauce

Roughly chop all vegetables and sauté in a little oil until they begin to soften. Add 100ml vegetable stock and simmer, stirring until reduced. Stir in tomato purée, garlic purée, herbs, and spices; cook for 5 minutes. Add tomato passata and a pinch of sugar, then reduce to a low heat and simmer until thickened.

Pasta

Boil 1 litre of water and cook 150g Promin Pasta Sheets for 8 minutes. Drain and set aside.

Cheese Sauce

Bring 2 litres of water to a boil, whisk in 60g Promin Cheese Sauce Mix until smooth. Add 50g Violife cheese for flavour, then remove from heat.

Layering the Lasagne

In an ovenproof dish, layer the vegetable sauce, pasta sheets, and cheese sauce. Repeat layers, finishing with pasta topped generously with cheese sauce. Sprinkle with extra Violife cheese and smoked paprika (optional). Bake for 35 minutes until golden.

Serving Suggestion: Serve with a green salad or boiled vegetables.



Low Protein Spring Vegetable Risotto

Ingredients:

200g Promin Low Protein
Imitation Rice

300ml Vegetable Stock

400ml Water

100g Chopped Carrot, Celery
and Onion

100g Sliced Mushrooms

1 tsp Garlic Purée

2 tsp of Dried Mixed Herbs

100g Peas (optional)

100g Violife Cheese

Salt and Pepper to Taste

Coriander or Parsley to serve

Method:

1. Heat oil in a deep frying pan and add imitation rice.
2. Gently fry off until rice begins to change in colour and crisp up.
3. Add In the chopped carrot, onion and celery, followed by the the dried herbs to allow flavours to combine.
4. Next, add the mushrooms along with 200ml of stock. Allow to simmer.
5. Stir in the mushrooms and continually coat the rice in stock, ensuring there is an even distribution, when it starts to be soaked up by the rice and add the remaining 100ml of stock.
6. When the stock has gone use the water and gradually add a little bit at a time to keep the risotto from drying or becoming too wet.
7. Once the rice is cooked you can add peas (optional) stir in and simmer for a couple of minutes.
8. Add 100g Violife cheese to give the risotto a creamier texture.
9. Serve and garnish with fresh herbs.



Low Protein Spaghetti Bolognese

Ingredients:

Promin Low Protein Burger Mix

Promin Low Protein Short
Cut Spaghetti

Grated Violife Cheese

Method:

1. Add the burger mix to a bowl and add 50ml of water.
2. Mix to a "mince" consistency and fry gently in a little oil.
3. Add pasta and spices if preferred to the burger mix in the pan and simmer gently for 2-3 minutes.
4. Serve with short cut spaghetti sprinkled with grated Violife cheese.



Low Protein Spicy Sausage and Rice

Ingredients:

Promin Low Protein Sausage Mix

Promin Low Protein Pasta in
Sauce Moroccan Flavour

Promin Low Protein
Imitation Rice

Method:

1. Mix, form and cook low protein sausage mix as instructed on the pack. When cooked and cooled, slice.
2. Remove the sauce mix sachet from Moroccan Pasta in Sauce box.
3. Put 50g imitation rice together with the sauce mix in a saucepan and mix with 300mls water, cover and simmer for 5-6 minutes.
4. Add sausage slices and simmer for a further 5-6 minutes, stir well.



Low Protein Red Peppers and Couscous

Ingredients:

150g Promin Low Protein
Couscous

1 Sweet Pepper

1 Lemon or Lemon Juice

2 or 3 Cherry Tomatoes

Vegetable Oil

Fresh Coriander

Fresh Parsley to Garnish

Method:

1. Half and de-seed the peppers. Place in boiling salted water for 8-10 minutes.
2. Place low protein couscous into a pan, add cold water and bring to the boil and simmer for 2 minutes.
3. Strain and rinse well with boiling water then add lemon juice, fresh coriander, chopped tomatoes and 2 teaspoons of oil.
4. Mix well then stuff the pepper halves.
5. Bake in the oven for 15-20 minutes at 180C or gas mark 4.



Low Protein Couscous Salad

Ingredients:

Free Vegetables (Courgettes, Cherry Tomatoes, Yellow and Red Peppers, Red Onions etc.)

Olive Oil

Seasoning

Fresh Basil

Sweet Chilli Sauce

Promin Low Protein Couscous

Method:

1. Chop any free vegetables, sprinkle with olive oil and seasoning and grill in the oven.
2. Meanwhile boil couscous making sure it is not overboiled.
3. Rinse with water to separate small couscous balls.
4. Combine couscous with chargrilled vegetables, add sweet chilli sauce and chopped fresh basil.



Low Protein Pasta Salad

Ingredients:

75g Promin Low Protein Spirals
or Tri Colour Spirals

Violife Cheese

Tomatoes, Peppers, Celery,
Cucumber and Onion

Method:

1. Boil 75g pasta spirals, drain.
2. Add suitable mayonnaise or salad dressing.
3. Add tomatoes, peppers, celery, cucumber and onion and mix well.
4. Sprinkle grated violife cheese on top.



Linda's Spiced Low Protein Rice Salad



Ingredients:

250g Promin Low Protein Imitation Rice

1 to 2 tsp each of Ground Turmeric, Cumin, Curry Powder and Coriander

600mls Water

2 tbsp Wine Vinegar

4 tbsp Sunflower Oil

125g Green Beans

1 Onion Finely Chopped

2 Carrots Grated

75g Sultanas

Salts and Pepper to Taste

Method:

1. Place the rice, spices and water in a pan. Bring to boil then cover and simmer for 15-20 minutes until most of the water has absorbed.
2. Rinse with boiling water and drain.
3. Turn into a bowl and stir in the vinegar, oil and salt. Leave until cold.
4. Fluff up the rice gently with a fork and stir in the green beans, onion, carrot and sultanas.
5. Transfer the rice salad to a large serving bowl or 4 individual ones.
6. Serve with a crisp green salad.



Low Protein Sweet Chilli Vegetable Stir Fry

Ingredients:

150g Promin Low Protein Flat Noodles

100g Sliced Mushrooms

50g Diced Onion

1 Carrot

1 Courgette

1 tsp of Garlic Puree

2 tsp of Chinese Five Spice

2 dessert spoons of Sweet Chilli Sauce

1 dessert spoon of Oil

Method:

1. Boil 2 litres of water and pour in 150g of Promin Low Protein Flat Noodles and allow to cook for 8 minutes. Drain the water away and set aside.
2. Gently fry off the vegetables in oil.
3. Once the vegetables have begun to soften and sweat add in the garlic puree and the Chinese five spice and stir until it has mixed into the vegetables.
4. When the vegetables have combined with the garlic and five spice, stir in the noodles so that they are distributed evenly through the vegetables.
5. Stir in the sweet chilli sauce and cook for a further three minutes allowing the dish to soak in the flavours from the sauce.
6. Serve and Enjoy!



Low Protein Vegetable Madras Curry

This recipe is based on serving
a family of 4.
Suitable for home freezing.

Ingredients:

- 150g Promin Low Protein Imitation Rice (based on 2 people)
- 1 dessert spoon of Oil
- 1 tsp of Vitalite Spread (or any other low protein alternative)
- 2 medium sized Onion
- 1 Courgette
- 2 Sweet Potato
- 1 Cauliflower
- 2 Garlic Cloves
- 30g Spinach
- 1 tsp of Tomato Puree
- 2 tsp of Garam Masala
- 1 tsp of Cumin
- 1 tsp of Coriander
- 1 tsp of Ginger
- 1 tsp of Turmeric
- 1 heaped tsp of Sugar
- 1 Chicken Stock Cube (100ml water)
- 1 tin of Chopped Tomatoes

Method:

1. Heat oil in a pan, add half the chopped onion and garlic and cook until sizzling. Stir in a teaspoon of low protein spread until the onions soften and turn golden, then add the sugar. Mix in the spices, coating everything evenly.
2. Pour in 100ml of stock (chicken, vegetable or vegan alternative) and simmer for 5 minutes. Meanwhile, chop the remaining vegetables into varied shapes. When the sauce reduces, stir in tomato purée, blend until smooth and set aside to cool.
3. Using the same pan, sauté the remaining onion and courgette in the leftover spices.
4. In another pan, boil sweet potato and cauliflower for about 9 minutes, then drain. Add the vegetables to the onion mixture, stir in the curry paste, spinach and chopped tomatoes. Cover and simmer on low heat to let the flavours develop.
5. Cook 250g Promin Low Protein Imitation Rice in boiling water for 5–6 minutes, then drain well. Season both the rice and curry to taste, serve and garnish with coriander.



Low Protein "Beef" Chilli Con Carne

Ingredients:

- 1 dessert spoon of Oil
- 1 small diced Onion
- 1 small diced Carrot
- 4 Closed Cup Mushrooms
- 1 tsp of Garlic Puree
- 2 tsp of Cumin
- 1 tsp of Coriander
- 1 tsp of Paprika
- 1 tsp of Sugar
- 1 tsp of Mild Chilli Powder
- 1 Beef Stock Cube (100ml water)
- 1 62g packet of Promin Low Protein Burger Mix Original
- Fresh Coriander
- 1 tin of Chopped Tomatoes
- 150g Promin Low Protein Imitation Rice
(based on servings for 2 people)

Method:

1. Fry of the vegetables in oil until soft and add the garlic purée followed by the spices.
2. Once the vegetables are coated, add a teaspoon of sugar and the tomato purée and stir into the vegetables.
3. Stir in a small handful of fresh coriander and then add a dissolved beef stock cube to allow the vegetables to begin to simmer.
4. Add the Promin Low Protein Burger Mix Original and continuously stir into the mixture, so it begins to cook with the vegetables.
5. At this point you can add your 150g Promin Low Protein Imitation Rice, to boiling water for 7 minutes.
6. When you begin to see a "mince" like consistency to build up, add in a tin of chopped tomatoes and cook until hot.
7. Drain the rice in a colander or a sieve.
8. Serve the rice into a bowl and heap a serving of chilli on to the top, and garnish with fresh coriander.



Low Protein Greek "Lamb" Pastitsio

This recipe is based on serving
a family of 4.

Ingredients:

1 small onion, diced
150g Promin Low Protein Pasta
1x62g packet of Promin Low Protein Burger Mix Lamb and Mint Flavour
1 tsp of Rosemary
1 tsp of Mint
1 tsp of Paprika
1 tsp of Garlic puree
1 tsp of Tomato puree
1 Beef Stock Cube (100ml of water)
1 tsp of Sugar
1 tin of Chopped Tomatoes
1 Aubergine
50g Promin Low Protein All Purpose Baking Mix
100g Vitalite Butter or alternative spread
200ml Coconut Milk
1 tsp of Paprika
100g grated Violife Cheddar Cheese

Method:

1. Boil 2 litres of water, add 150g pasta, and cook for 8 minutes. Drain and set aside.
2. Sauté onions until soft, then add rosemary, mint, garlic purée, and tomato purée. Stir in dissolved beef stock and simmer. Add burger mix and cook until it forms a mince-like texture. Mix in chopped tomatoes.
3. In an ovenproof dish, layer the pasta, then the lamb and mint mixture.
4. Thinly slice and fry aubergine for 4–5 minutes per side until charred. Layer over the mince mixture.
5. For the sauce, melt butter, stir in flour to form a paste, and gradually whisk in milk until smooth. Add garlic, paprika, and 50g cheese; stir until melted. Pour over the aubergine, spread evenly, and top with remaining cheese.
6. Bake for 20 minutes at 200°C.
7. Serve with a fresh Greek salad.



Low Protein Mushroom Tagliatelle

Ingredients:

150g Promin Low Protein Flat Noodles

100g sliced Mushrooms

50g diced Onion

1 tsp of Garlic Puree

Chopped Parsley

1 tsp of Vitalite or alternative spread

1 tsp Salt

1 tsp Pepper

50g Promin Low Protein All Purpose Baking Mix

100g Vitalite Butter or alternative spread

200ml Coconut Milk

1 Vegetable Stock Cube

Violife Soft Cheese

Method:

1. Boil 2 litres of water and pour in 150g of Promin Low Protein Flat Noodles. Allow to cook for 8 minutes. Drain the water away and set aside.
2. Gently fry off the mushrooms and onion in a teaspoon of butter. Once softened stir in the garlic puree and half of the chopped parsley.
3. Set the mixture aside and begin to make your sauce by melting 100g butter in a pan.
4. Once the butter is melted add Promin Low Protein All Purpose Baking Mix and stir until a paste is formed. Once you have the paste, begin to gradually add the milk, continuously whisking to avoid any lumps.
5. Stir in a vegetable stock cube mixed with 50 ml water and allow sauce to carry on cooking.
6. Add the mushroom mix into the sauce along with the cream cheese.
7. Once the sauce is cooked, stir in the set aside flat noodles until combined. Finally add the salt and pepper and mix well.
8. Serve into a bowl and garnish with the remaining parsley.



Low Protein Egg Fried Rice

Ingredients:

1 litre of Water

200g Promin Low Protein
Imitation Rice

Vegetable Oil

1 tsp Garlic Puree

1 tsp of Ground Cumin

50g Promin Low Protein
Scrambled Egg & Omelette Mix
stirred into 100ml water

Light Soy Sauce

Spring Onions for garnish

Salt and Pepper for seasoning

Method:

1. Boil 1 litre of water and add in 200g of Promin Low Protein Imitation Rice. Simmer for 3 minutes and drain.
2. Add 3 tablespoons of oil to a frying pan and then add 75g diced onion.
3. Once the onion starts to brown, add 1 teaspoon of garlic puree and 1 teaspoon of ground cumin.
4. When the cumin and garlic had cooked the onions, add the rice into the frying pan and stir continuously until golden brown.
5. Make a well in the frying pan and add 3 more tablespoons of oil before adding in the scrambled egg mix.
6. Begin to stir the scrambled egg mix from the middle of the pan before gently beginning to fold the rice in, until it becomes coated with the mixture.
7. If the mixture begins to stick together add some more tablespoons of oil to separate whilst stirring.
8. Mix in some light soy sauce for an enhanced flavour.
9. Serve and garnish with some spring onions.



Low Protein "Beef" Stroganoff

Ingredients:

- 1 dessert spoon of Oil
- 1 small diced Onion
- 1 small diced Carrot
- 6 closed cup Mushrooms
- 1 tsp of Garlic Puree
- 1 tsp of Paprika
- 1 dessert spoon of Gravy Granules (100ml water)
- 62g sachet of Promin Low Protein Burger Mix Original
- 50ml Oat Cream or any other low protein cream
- Fresh Parsley
- 150g Promin Low Protein Imitation Rice (based on 2 people)

Method:

1. Fry of the vegetables in oil with the paprika and garlic puree.
2. Make up Promin Low Protein Burger Mix by adding 100 ml of water. Once set, mould the mixture into bite size chunks and place into a different frying pan and fry over a medium heat for 3 minutes on each side.
3. Once the burger mix is sealed and at no risk of disintegrating, stir in to the vegetable mix and add 50ml of oat cream followed by a handful of fresh parsley.
4. Allow to simmer before stirring in the gravy and turn to a low heat.
5. At this point you can add 150g Promin Low Protein Imitation Rice to boiling water for 7 minutes.
6. Drain the rice in a colander or a sieve.
7. Serve the rice into a bowl with the stroganoff garnished with some fresh parsley.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



P R O M I N

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