

Recipe makes
2 servings

Prep time
10 minutes

Cook time
40 minutes



NUTRITION INFO PER SERVING (1/2 of recipe)

Calories 390

Protein 4.8 g

Phenylalanine 153 mg

INGREDIENTS

Sauce

3 Tbsp (40 g) Olive oil
1/2 cup (170 g) Onion, finely chopped
1/3 cup (50 g) Mushrooms, sliced
1/3 medium (30 g) Carrot, diced
1/2 cup (40 g) Eggplant, raw, diced
1/3 cup (40 g) Red pepper, seeded, diced
1 large (80 g) Tomato, chopped
1 clove (5 g) Garlic, crushed
5 leaves (10 g) Basil, fresh, chopped
1/2 tsp (2 g) Oregano, dried
1/3 cup (80 ml) Vegetable stock
1/4 cup (60 g) Tomato purée
1/3 cup (100 g) Canned tomatoes, chopped

Zoodles

2 cups (160 g) Zucchini
1 Tbsp (15 g) Olive oil
1/3 cup (80 ml) Water, boiling
1 Tbsp (15 g) Butter

DIRECTIONS

For the sauce:

- 1 Heat oil in large pan and add onions, mushrooms, carrot, eggplant, peppers and chopped tomato.
- 2 Add garlic, basil, and oregano into pan and cook for 5 minutes.
- 3 Add vegetable stock and cook for 10 minutes.
- 4 Add tomato purée and canned tomatoes; simmer for 25 minutes.

For the zoodles:

- 1 Use a spiralizer to create long twirls of pasta-like strips from zucchini.
- 2 Heat oil in a frying pan and add zoodles. Sauté for 1 minute.
- 3 Add boiling water and cook for 3 to 4 minutes, until water has been absorbed.
- 4 Stir in butter, and chop zoodles into bite-sized strips.
- 5 Serve with the prepared sauce.

SERVING SUGGESTION:

Try adding low protein cheese to finish off the dish.

Note: This will increase the Phe/protein content of the meal.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using MetabolicPro. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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