

Low Protein Dinner Ideas for Children

*Meals with an asterisk have a recipe included below

Examples of low protein products are provided in the tables below however similar products can be just as good. It is advised to check the nutrition panel for the lowest protein alternative

Family Food	LP Meal	Tips
Fried rice	LP fried rice	<ul style="list-style-type: none"> ✓ Use LP rice and add in any vegetables you like e.g. small pieces of carrot, onion, capsicum. ✓ Add sweet chilli sauce, lemon, garlic or spices for flavour.
Meat strips in vegetable stir fry	Vegetable stir fry with bean vermicelli noodles	<ul style="list-style-type: none"> ✓ Stir fry the vegetables separately and add a tasty sauce e.g. Asian lemon, sweet and sour, sweet chilli. ✓ Serve with LP noodles, pasta or rice. ✓ Add meat for the rest of the family.
Fish/meat with salad	*Vegetable fritters/ corn pancakes with salad	<ul style="list-style-type: none"> ✓ Make a large family salad and add LP fritters/pancakes (made from LP flour and vegetables) to make a meal. ✓ Serve with tomato sauce or fresh lemon wedges.
Beef lasagne/ Tuna mornay/ Macaroni cheese	Vegetable lasagne/ *Vegetable macaroni bake	<ul style="list-style-type: none"> ✓ Use LP pasta sheets for lasagne. ✓ Can use LP cheese e.g. www.veganperfection.com.au , www.notzarella.com.au ✓ For a white cheese sauce use a LP milk substitute, LP cheese or sauce (e.g. Maggi's cheesy sauce, Notzarella). ✓ Bake with LP cheese topping, LP bread crumbs or sliced tomato. ✓ Can purchase lasagne pre-made at www.choicesglutenfree.com.au ✓ For macaroni bake add LP pasta to vegetables, herbs and LP cheese.
Spaghetti bolognaise	LP Pasta with tomato pasta sauce	<ul style="list-style-type: none"> ✓ Make a large batch of the tomato pasta sauce (can of crushed tomatoes, diced onions, garlic and herbs) for the whole family and keep it separate from the meatballs/mince. ✓ Add vegetables into the pasta sauce such as mushrooms, zucchini, and tomatoes and serve with LP pasta; fusilli, spaghetti, penne.
Hot dog, chips and a salad	LP hot dog, chips and a salad	<ul style="list-style-type: none"> ✓ Make your own vegetable sausages using LP flour and vegetables. Place sausage in a LP bun/roll. (Recipe in Fate or Low Protein Cookbook by Jo Boston) ✓ Alternatively, buy LP sausages from the supermarket. (e.g. Eat Well: chickpea and spinach vegetable sausages). ✓ Serve with hot chips and a salad. ✓ Hot chips can be roasted in the oven or fried. For a variation of fries use parsnip, carrots, zucchini and sweet potatoes. ✓ Alternatively, purchase a packet from the supermarket.
Vol au vent cases with meat filling	Vol au vent cases	<ul style="list-style-type: none"> ✓ Fill vol au vent cases with vegetables and a tasty sauce e.g. sweet chilli.
Samosas with mince meat filling	*Samosas with steamed vegetables and ginger dressing	<ul style="list-style-type: none"> ✓ For samosa fillings you can use pumpkin with nutmeg, parsley, garlic, tomato pulp, LP rice, mushrooms, zucchini and herbs etc. ✓ Use curry spices for flavour such as cumin, coriander or turmeric. ✓ Use LP flour to make pastry (recipe in Fate cookbook).
Stuffed capsicums, vine leaves or cabbage leaves with normal rice and beef mince	*Stuffed capsicums with vegetables	<ul style="list-style-type: none"> ✓ Stuff with fried LP rice, onion, garlic, vegetables (mushrooms, zucchini) and herbs with a tomato based sauce.
Meat pie	Vegetable pie/ *Shepherds pie	<ul style="list-style-type: none"> ✓ Use slices of LP bread or use LP flour to make your own pastry (recipe in Fate cookbook). ✓ Fill with vegetables and top with LP pastry. ✓ Can purchase pies from the supermarket (Sargents) and pastry from www.choicesglutenfree.com.au ✓ Serve pie with salad/ steamed vegetables
Rice paper rolls with shredded chicken or prawns	*Rice paper rolls with bean vermicelli noodles and vegetables	<ul style="list-style-type: none"> ✓ Use sweet chilli or ginger dressing sauce. ✓ Add heaps of vegetables such as carrots, coriander and cucumber and fill with vermicelli noodles.
Bubble'n Squeak with pasta, noodles and eggs	Bubble'n Squeak	<ul style="list-style-type: none"> ✓ Good for any meal of the day. ✓ Use left over dinner vegetables or buy from the supermarket.

Hamburgers	*Veggie burger	<ul style="list-style-type: none"> ✓ Add vegetable patty to a LP bun/roll/toast. ✓ Add vegetable toppings to bun; lettuce, onion, pineapple and LP cheese slices. ✓ Recipe for veggie patty in Fate cookbook or buy made from the supermarket. ✓ Serve with salad or cooked vegetables.
Soup	*Vegetable Soup	<ul style="list-style-type: none"> ✓ Can include; winter vegetable, carrot and coriander, sweet potato and leek, roasted pepper and tomato soup, roasted parsnip. ✓ Recipes from Fate cookbook.
Chicken/ prawn risotto	Vegetable Risotto	<ul style="list-style-type: none"> ✓ Use LP rice, vegetable stock and mushrooms or other veges.
Roast meat with roast vegetables and gravy	*Roast vegetables with LP gravy and LP garlic bread	<ul style="list-style-type: none"> ✓ Garlic bread can be made on LP bread with butter, garlic and herbs. ✓ Garlic bread and gravy recipe from Fate cookbook or garlic bread can be purchased from www.choicesglutenfree.com.au
Quiche or pie with cream, milk, cheese	*Vegetable quiche	<ul style="list-style-type: none"> ✓ Use egg replacer and vegetables for filling. ✓ LP pastry can be made from LP flour or purchased from www.choicesglutenfree.com.au
Chicken schnitzel	Fried/baked crumbed zucchini or eggplant slices	<ul style="list-style-type: none"> ✓ Use LP bread crumbs and LP flour for batter, recipe pg. 128 Fate cookbook. ✓ Serve with steamed vegetables and LP rice or pasta.
Pizza with meat and cheese	LP pizza	<ul style="list-style-type: none"> ✓ LP bread made with LP flour or purchase pizza base from www.choicesglutenfree.co.au. ✓ Spread base with tomato paste, top with grilled vegetables and low protein cheese www.veganperfection.com.au, www.notzarella.com.au,
Barbeque	Vegetable and fruit skewers barbequed	<ul style="list-style-type: none"> ✓ Serve skewers with LP bread/ garlic bread or LP pasta salad. ✓ BBQ vegetables on hot plate.
Pork/ Lamb chops with salad and vegetables	Vegetable dumplings/ *spring rolls/vegetable fingers/hash browns	<ul style="list-style-type: none"> ✓ All can be made or purchased from the supermarket and used to bulk the rest of the meal (salad/cooked vegetables). ✓ Use a LP dipping sauce to add flavour e.g. sweet and sour. ✓ The Fate cookbook has a recipe for dumplings and hash browns using sweet potato and LP flour.
Meat curry with rice	Vegetable curry	<ul style="list-style-type: none"> ✓ Use coconut milk or LP milk substitute. ✓ Serve with LP rice and vegetables e.g. sweet potato, carrots, and turnips. ✓ Recipe can be found at www.pkurecipes.com ✓ Serve with LP bread rolls or LP rice.
Chicken caesar, beef, seafood salad	Salad	<ul style="list-style-type: none"> ✓ Use favourite vegetables such as olives, spanish onions, cherry tomatoes, rocket, sliced mushrooms, roasted pumpkin or sweet potato. ✓ Experiment with different dressings such as; ✓ Citrus dressing (sesame oil, lemon or orange, vinegar and nutmeg), ✓ Spicy dressing (garlic, ginger, cumin powder, chilli powder, lemon and olive oil) ✓ Vinaigrette dressing (olive oil, cider vinegar, honey, garlic, fresh herbs) ✓ Add salad to meal accompaniments such as; sweet potato chips, spring rolls, LP pasta/rice , vegetable quiche, vegetable patties etc.
Cannelloni with spinach and cheese, béchamel sauce	Cannelloni with roasted red pepper sauce	<ul style="list-style-type: none"> ✓ Use LP lasagne sheets. ✓ Recipe can be found at www.pkurecipes.com ✓ Can use LP cheese sauce and LP milk substitute for a béchamel sauce topping.

Meal ideas based on the ASIEM PKU Handbook 2005.

~Recipes~

SAMOSAS

Ingredients

Pastry

150g Low Protein Flour
½ teaspoon salt
50g block margarine
½ teaspoon baking powder
80mls water



Filling

150g diced sweet potato, boiled until tender
50g finely chopped onion, lightly fried
Salt and pepper
1-2 teaspoon Madras curry powder or other spice allowed

To make pastry

1. Place the Low protein flour and salt into a bowl.
2. Rub in the margarine until the mixture resembles fine breadcrumbs.
3. Stir in the baking powder.
4. Make a well in the centre and pour in the water.
5. Use a metal spoon to mix it until it forms a dough.
6. Leave it to rest for a couple of minutes.

Method

To prepare the filling

1. Place the diced sweet potato (it must be cooled) into a bowl and add the onion. Season with salt and pepper and stir in the curry powder.

To prepare the Samosas

1. Take the pastry and knead it lightly just a couple of times, on a surface dusted with extra LP flour.
2. Roll it out and cut it into large circles about 6-8 ins in diameter. (Use a small plate to cut around or use a saucepan lid) Cut each circle in half.
3. Take one half circle of pastry and moisten the straight edge with a little water. Fold the pastry to form a triangular pocket, overlapping the edge slightly. Press the moistened edge well to seal. Open the end and place about 2 teaspoons of filling inside. Moisten the edges of the top of the samosa and press together to close.
4. Pour enough oil in a frying pan to just cover the base, and fry the samosas just a few at a time for a minute or so each side until brown and crisp.

Eileen Green, 2010, Fate Special recipes, p. 25

VEGETABLE BAKE

Ingredients

6 medium potatoes, thinly sliced
2 red onions, thinly sliced
2 large zucchinis, thinly sliced
2 spring onions, thinly sliced
1 ¼ cups sour cream
2 cloves garlic, crushed



2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh chives
Salt and freshly ground black pepper
¼ cup low protein breadcrumbs

Method

1. Preheat oven to 180°C. brush a large, shallow oven-proof dish with melted butter or oil.
2. Combine sliced vegetables with cream, garlic, herbs and salt and pepper in a large bowl; mix well. Transfer mixture to prepared dish; smooth surface. Bake covered with foil for 20 minutes. Remove foil
3. Sprinkle breadcrumbs over vegetable mixture. Bake on top shelf of oven for 40 minutes or until golden and potatoes are tender.

PUMPKIN AND CORN FRITTERS

Ingredients

100g corn kernels
100g cooked mashed pumpkin
30g Low Protein flour
¼ cup cornflour
Oil for shallow fry
Seasoning



Method

1. Mix corn, pumpkin and flour and season.
2. Divide mix into 6 equal portions and roll into a ball, coating with cornflour.
3. Shallow fry on a medium to low heat until brown on each side.
4. Set aside to drain excess oil.

MEDITERRANEAN-STYLE VEGETABLES

Ingredients

1 tablespoon olive oil
1 onion, sliced
1 clove garlic, crushed
4 cups diced vegetables (choose from zucchini, cooked potato, beans, pumpkin and red capsicum)
¼ cup tomato paste
1 tablespoon chopped fresh basil or 1 teaspoon dried
½ cup water



Method

1. Heat oil in saucepan, add onion and garlic and cook for 1 minute.
2. Add vegetables and cook for 2-3 minutes.
3. Stir in tomato paste, basil and water. Mix well.
4. Cover and simmer for 5 minutes (or until vegetables are tender).

VEGETARIAN SHEPHERD'S PIE

Ingredients

Cooking oil Spray
2 medium (300g) onions sliced
2 cloves garlic, crushed
Cream



1 tablespoon mild curry powder
2 x 400g cans of tomatoes
3 cups (300g) chopped cauliflower
3 ½ (300g) chopped broccoli
2 medium (250g) parsnips, sliced
2 tablespoons mild sweet chilli sauce

Potato topping

6 medium potatoes (1.2kg) peeled
2 tablespoons light sour cream
20g margarine or butter

Method

1. Heat a non-stick pan coat with cooking oil spray. Add onions and garlic. Cook, stirring until onions are soft. Add curry powder, cook, stirring until fragrant.
2. Add undrained crushed tomatoes and remaining ingredients. Simmer uncovered for 10 minutes or until vegetables are tender and mixture has thickened. Cool for 10 minutes.
3. Spoon vegetable mixture into a 2.5 litre heatproof dish and spread with potato topping. Bake in moderate to hot oven for 25 minutes or until browned and hot.
4. To make potato topping; boil, steam or microwave potatoes until tender. Drain. Mash potatoes with cream and butter.

MUSHROOM AND LEEK QUICHE

Ingredients

240g leeks, washed and sliced
110g mushrooms, sliced
45ml vegetable oil
125g carrots, sliced

Sauce:

75g Low Protein flour
50g margarine
500ml water
1 teaspoon mustard, salt and pepper
1 tablespoon chopped parsley
130g thickened cream



Shortcrust pastry:

225g Low protein flour
110g margarine
90ml cold water

Method

1. Gently fry leeks and mushrooms in the oil. Add the carrots.
2. Make an all-in-one white sauce by placing all the ingredients in a saucepan and bringing them to the boil slowly, whisking all the time until the sauce thickens. Additional cream may be added at this stage if sauce is too thick.
3. Season with salt and pepper. Add the leek, mushroom and carrot mixture to make the filling.
4. Make shortcrust pastry as directed on the Loprofin Pack. Divide into 2 and line 2 flan tins or dishes. Place the filling in the centre and bake in a pre-heated oven for 30-35 minutes.

Cooking for PKU's- A Selection of Recipes, 2000, MDDA Victoria PKU Cooking Demonstration. (Provided by: Sharon Clarke PKU parent support group NSW)

BAKED SPRING ROLLS

Makes 20

Ingredients

70g dried rice or bean thread vermicelli noodles
1 teaspoon peanut oil
55g (1/2 cup) finely chopped green cabbage
1 celery stick, finely chopped
2 shallots, thinly sliced
2 garlic cloves, crushed
1 teaspoon reduced salt soy sauce
1 x 300g packet frozen spring roll wrappers, thawed
Olive oil spray
Sweet chilli sauce, to serve



Method

1. Preheat oven to 200°C. Line 2 baking trays with non-stick baking paper.
2. Place noodles in a bowl and cover with boiling water. Set aside for 5 minutes. Rinse under cold running water. Drain. Cut into short lengths.
3. Meanwhile, heat the oil in a frying pan over medium heat. Add cabbage, carrot, celery and shallots. Cook for 3 minutes. Add garlic and ginger and cook, stirring, for 30 seconds. Stir in the soy sauce.
4. Transfer vegetable mixture to a large bowl. Stir in the noodles. Set aside for 10 minutes to cool.
5. Place 1 spring roll wrapper on a clean work surface. Place 1 tablespoon of the mixture diagonally along the centre. Brush edges with water. Fold in the ends. Roll up firmly to enclose filling. Repeat with remaining wrappers and filling.
6. Place spring rolls on the prepared tray and bake for 10 minutes. Turn, spray with oil and bake for another 15 minutes or until golden brown.

Australian Good Taste, April 2008, Real Kids Food; Healthy Recipes, p. 58

SWEET POTATO RICE PAPER ROLLS

Ingredients

30g bean or rice thread vermicelli (soaked in boiling water for 5 minutes, then drained)
21g sweet potato (cooked and mashed)
5g capsicum, thinly sliced
1 sheet of rice paper roll, soaked in warm water for 30 seconds until pliable.
Fresh chives and parsley, chopped finely.



Method

1. Assemble mashed sweet potato, vermicelli, capsicum and herbs in a vertical line to the right side of the rice paper roll. Fold in the top and bottom and roll the paper to the left, tucking contents in tightly.
Serve with your favourite dipping sauce.

Variations: Keeping the bean thread vermicelli and the rice paper, try carrot, cucumber, beetroot, onion, lettuce, eggplant, zucchini, mushrooms etc.

Our favourite so far has been mango, capsicum, lime and coriander.

The NSW PKU Journal 2008, Recipes, p. 11



LOW PROTEIN VEGEBURGERS

Ingredients

150g carrot, peeled
75g onion, peeled
75g mushrooms
Salt and pepper
3 teaspoons tomato paste
2 tablespoons Low Protein flour
A little oil for cooking
Makes 6 burgers



Method

1. Grate the carrot; finely chop the onion and mushrooms. Place into a bowl and mix together. Add the salt and pepper to season. Stir in the tomato puree. Mix well to ensure the puree is evenly distributed. Stir in the low protein flour
2. Heat a little oil in the frying pan. Place a heaped tablespoon of the vegetable mixture into the hot pan. Press down with the back of the spoon to form a burger shape and just ease the edges in to make them neat. Do the same with the rest of the mixture. Cook gently for about 2-3 minutes and then turn over and cook for a further 2-3 minutes.
3. Place vegetable patty in between low protein bun or roll with salad to make a burger.

Note: the burgers freeze well. Just cool and then wrap individually in film. Defrost before gently reheating in a pan, under the grill or on a barbeque.

Greens E, 1995, Special Recipes; A Personal Collection of Low Protein Recipes, The West Midlands Support Group for Phenylketonuria.

VEGGIE SAUSAGES

Ingredients

2 medium orange sweet potatoes, peeled
10 large mushrooms
1 large onion
100g solid vegetable shortening
200g Low Protein flour
4-6 teaspoons of browning essence.



METHOD

1. Finely grate/ chop the vegetables.
2. Place strained bacon or dripping vegetable shortening into a large fry pan.
3. Add grated vegetables to the fry pan and sauté over med-high heat for 7-9 minutes, stirring frequently, until the vegetables are fairly soft but not mushy. Season with salt, pepper and your choice of other seasonings.
4. Remove pan from heat and mix in the low protein flour, stirring until it is incorporated. You will have a thick mass, like a textured dough. Let cool for a few minutes. Make into sausages using a sausage making machine or pastry bag with sausage tube nozzle attached.

Tips for making the sausages:

Carefully thread the sausage skin (sheep's casing or artificial casing is available from most butchers). Knot the end. Put warm or room temperature sausage stuffing in the pastry bag/ machine and push it out in a slow stream, filling the casing. It should be fairly loosely filled. When you have filled the casing, tie off the final end by knotting it. Then, with your fingers, divide the filled casing into individual sausages and twist the casing at each joint between sausages.

Refrigerate the uncut sausages for several hours or overnight so the sausage can firm up.

Cooking the sausages:

Cut sausages apart. Do not prick the casing.

Microwave a single sausage on med- high heat for about 45 seconds. The sausages should be evenly deeper brown than the raw sausage and feel firm in your hand.

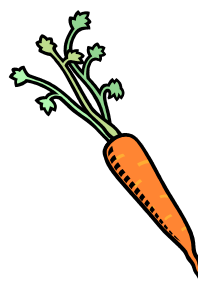
Pan fry the sausages in a little oil, or barbeque for just 1-2 minutes. The sausage can be eaten right out of the microwave oven, but frying or grilling will brown and crisp the skin, giving it a true sausage appearance.

The NSW PKU Journal 2008, Recipes, p. 6.

FATE CARROT AND CORIANDER SOUP

Ingredients

2 tablespoons oil
20g butter
250g onion, roughly chopped
750g carrots, roughly chopped
2 bay leaves
1 ½ tablespoons ground coriander
Small handful of fresh coriander leaves (not stalks)
Salt and pepper
2 low protein vegetable stock cubes
1 litre water
Makes 2 litres of thick soup



METHOD

1. Put a large pan on to heat and add the oil and butter. As soon as the butter is melted, add the roughly chopped onion and carrots. After they start to soften, add the bay leaves and ground coriander. Next, add the coriander leaves and season with salt and pepper. Leave to cook for 10 minutes.
2. Add the stock cubes (add them whole as they dissolve as the soup cooks) and water, and then leave to cook for a further 15-20 minutes, keeping a lid on the pan.
3. After cooking, discard the bay leaves and blend till smooth.
4. Serve hot- add a little extra fresh coriander leaves for more flavour and decoration.

Fate Special Recipes by Eileen Green, p.16

Information collated by Alexandra Koukoumas and Metabolic Dietitians, gratefully acknowledging funding for Alex's Nutrition Education Assistant position from Vitaflo Australia 2013 -2014