



**SAFE,
PLEASURABLE
AND NUTRITIOUS
FOOD**

Created for people living
with dysphagia

This information is intended for patients, and
carers of patients, who have been prescribed
Nutilis Clear by a healthcare professional.
Accurate at time of publication: January 2020.



Dear Reader,

Nutricia are delighted to have developed this recipe book to assist you in making safe, pleasurable and nutritious meals using Nutilis Clear. This is part of our developing programme of support for people with swallowing difficulties and those who care for people experiencing these challenges.

We know that when people experience swallowing difficulties, it can make eating and drinking a completely different experience.

To encourage enjoyment at mealtimes and assist with food preparation, we have enlisted the help of our team of Nutilis Chefs, who have experience of catering for people with dysphagia. They have helped us at Nutricia to create recipes that:

- Are easy to prepare
- Use fresh ingredients
- Use day-to-day equipment, which is easily available.

Moreover, our Nutilis Chefs have found creative ways to make food and drinks look more appetising to encourage people with swallowing difficulties to eat and drink more.

All recipes have been tested to meet the needs of people with swallowing difficulties in accordance with the International Dysphagia Diet Standardisation Initiative (IDDSI). By using only Nutilis Clear with these recipes, you are assured of achieving the correct consistency every time.

Other thickening powders should not be substituted and used in these recipes, since their mixing characteristics vary from Nutilis Clear.

We hope you enjoy the recipes and find the hints and tips useful.

For more recipes, and to see inspirational videos, visit mynutilis.co.uk.

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.

NUTRICIA IS WORKING WITH THE CHEFS' COUNCIL

Nutricia have been working with The Chefs' Council, a unique partnership of experts, since 2017 and have jointly pledged to implement the guiding principles of The Dysphagia Act to provide safe, nutritious and pleasurable food to people with dysphagia, which will in turn help to improve the quality of their lives.



THE DYSPHAGIA ACT: 3 GUIDING PRINCIPLES

SAFETY, NUTRITION, PLEASURE

People with dysphagia require food of a specific texture in order to be **SAFE**. Ensuring a safe food experience also means effective handwashing, kitchen cleanliness and appropriate food storage.

Good **NUTRITION** has an important role in the survival, recovery and wellbeing of people with dysphagia. Diets should be nutritionally balanced and include a wide variety of food and drinks.

Eating an enjoyable meal is everyone's right and providing **PLEASURE** through food and drink is a priority for chefs and carers. Taste, smell and presentation are key factors in achieving a pleasurable food experience.

For more information on The Dysphagia Act visit mynutilis.co.uk/dysphagia-act.



WHAT IS NUTILIS CLEAR?



You have been prescribed a thickener called Nutrilis Clear.

- Nutrilis Clear comes in a 175g re-sealable tin with a 1.25g measuring scoop.
- Nutrilis Clear is available on prescription.
- Republic of Ireland only: It is also available on your medical card, under the drugs payment scheme and for some conditions supported by the long term illness scheme. Please consult your healthcare professional for further information.
- Once you have opened a tin of Nutrilis Clear, keep the tin tightly sealed and store in a cool, dry place. Use within 2 months of opening, do not refrigerate.
- It is important to thicken all drinks following the guidelines you have been given by your Speech and Language Therapist.
- Nutrilis Clear is designed to mix easily with fluids and can be added to hot or cold drinks. Please note that the quantity of Nutrilis Clear you need may vary slightly depending on the temperature and thickness of the drinks to be thickened.
- Thickened food and drinks can be chilled, frozen or reheated.
- Nutrilis Clear does not change the taste of food or drinks.
- Nutrilis Clear is both gluten-free and lactose-free, and is suitable for vegetarians and vegans. If you have any questions about possible allergens in Nutrilis Clear, please contact the Nutricia Medical Resource Centre:
ROI: 1800 412 414 or dietitians.ireland@nutricia.com
NI: 0800 028 3416 or dietitians.ireland@nutricia.com
UK: 01225 751098 or resourcecentre@nutricia.com
- Nutrilis Clear must always be used appropriately and stored safely. Nutrilis Clear must not be left within reach of patients who may be unable to use the product safely.



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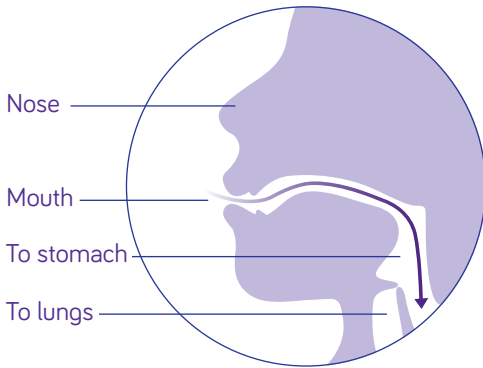
WHAT IS DYSPHAGIA?

Dysphagia is the medical term used to describe swallowing difficulties. With dysphagia, you may experience difficulties in swallowing foods and drinks.

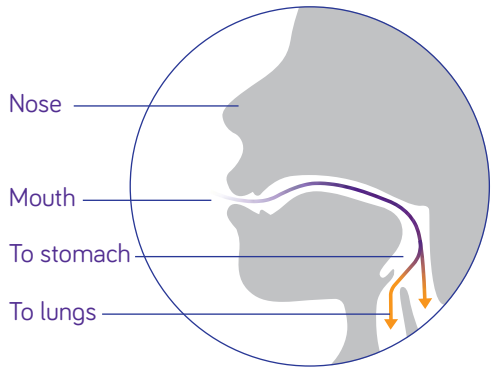
Dysphagia can result from a number of different conditions, such as Stroke, Dementia, Parkinson's Disease, Multiple Sclerosis, Head & Neck Cancer.



HEALTHY SWALLOW



SWALLOWING DISORDER



How does it happen?

Dysphagia can happen when the muscles we use for chewing and swallowing (lips, tongue, and throat muscles) become weak or difficult to move. There is a risk that food or drink that is swallowed may end up in the lungs rather than the stomach. This can have serious health consequences.

How can dysphagia be managed?

Speech and Language Therapists are trained to assess and manage swallowing difficulties. A Speech and Language Therapist may recommend a change in the consistencies of food and drinks. Texture modified foods and thickened drinks are often easier to control in the mouth and may assist the swallowing process.

Drinks and Food

There are different levels of thickening for drinks and different levels of texture modification for food. Your Speech and Language Therapist will tell you which level you need for drinks and which level you need for food.

TOP TIPS FOR FOOD PREPARATION AND SERVING FOOD

For individuals with dysphagia, mealtimes can be quite isolating. The inability to eat and drink the same meals as family and friends can lead to anxiety or embarrassment, making mealtimes less pleasurable.

If individuals with dysphagia are feeling this way it may result in them eating and drinking less at mealtimes, which means they might not be receiving adequate nutrition. It is, therefore, very important to be able to provide texture modified versions of everyday foods, so that individuals with swallowing difficulties can safely eat the food provided for them, feel included at mealtimes, and get the nutrition they need.

COOKING TIPS

Individuals with dysphagia are often at risk of poor food intake, which can lead to malnutrition, so it's a good idea to fortify foods with high calorie ingredients, such as full fat milk, butter, sugar or cream, where appropriate

Carefully consider the best cooking methods to achieve the necessary texture, e.g. poaching or simmering will soften ingredients making them easier to purée

Develop flavour by browning and roasting ingredients prior to poaching and simmering

Plan your dishes so that you have a range of colours on the plate, making them more appealing to the eye and more appetising

PROCESSING TIPS

Use liquidizers and/or food processors as they are more powerful and produce smoother consistencies

It is difficult to produce purées without filling the blender cups a third to a half full. If this is more than is needed then you can portion and freeze what is left or use it as a base for a soup

Always try to purée ingredients when they are hot (but not boiling) as they will break down easier than when they are cold (ensure the blender you are using is suitable for blending hot food)

Leave the processing machinery running for longer — as it processes the food the purée will become smoother and thicker

FREEZING AND REHEATING TIPS

When freezing ensure the food is cooled to 8°C within 90 minutes before putting in the freezer

Freeze in small batches that are well wrapped

If using moulds, freeze and then decant from the moulds and store in sealed containers

Defrost fully before reheating

For best results steam to reheat — wrap in cling film to protect

PRESENTATION TIPS

The smell and appealing appearance of food can help to increase appetite as we eat with our eyes, and our noses!

Using moulds aids meal presentation and helps to make meals recognisable to the diner. They can also reduce preparation time and wastage for kitchen staff

Piping bags will give you the ability to make interesting shapes and designs on the plate. Using different nozzles will allow you to vary the presentation

Unless preparing a complete dish make sure that individual components are separated on the plate

Make an interesting shape on the plate with a quenelle — the purée is formed into an oval shape with the use of two spoons to mould the mixture

Use different shaped and coloured plates for each dish



HOW TO MAKE MEALTIMES MORE ENJOYABLE

It is important to invest time to make sure people with swallowing difficulties enjoy their mealtimes as this will, in turn, encourage them to get adequate nutrition and hydration.

Everyone is different so discuss with your residents their favourite foods, their usual meal pattern, preferred time to eat, and what type of environment they prefer to eat in

Allow time to eat the meal. Mealtimes are a social event so allow time to talk and interact during the meal

Create an inviting atmosphere — decorating the meal area with tablecloths, place mats, plants, and pictures, can create a warm atmosphere that can help facilitate enjoyment at mealtimes

When assisting a resident, do not mix all of the items on the plate together: do you eat your meals like that? Ask which part of the meal they would like next, and explain throughout what their options are

EATING SAFELY: SLOWING DOWN

A key role when assisting someone who has swallowing difficulties to eat is to make sure they aren't eating too quickly. Eating and drinking too fast can put individuals at risk of aspiration, or food going down the wrong way in to the lungs. Helping a person with dysphagia to eat and drink safely can be challenging but there are a number of strategies that can be used to help the person slow down

Verbal prompts such as 'take your time', 'put your fork/spoon down between mouthfuls' and 'remember to chew'

Using a smaller spoon or fork to reduce the amount of food in each mouthful

Using weighted cutlery

Serving food from a serving plate onto an eating plate allows small amounts to be served at a time therefore slowing down the meal and providing time for pauses in the meal and conversation

Filling their cup with a small amount of fluid to prevent drinking too much in one go



FOODS THAT MAY BE DIFFICULT TO SWALLOW

Some foods can be particularly difficult to swallow safely. Some will need extra care and you should avoid others altogether. Your Speech and Language Therapist or Dietitian will advise what's best for you.

Below is a list of types of food that may be difficult to eat:

- Stringy, fibrous texture, for example pineapple, celery, runner beans, lettuce, bacon
- Vegetable and fruit skins, for example broad beans, baked beans, soya beans, peas, grapes
- Mixed consistency foods, for example soup with lumps, stewed fruit, mince with thin gravy, hard, gritty cereals such as muesli which do not blend with milk
- Crunchy foods, for example toast, biscuits, crackers, nuts, flaky pastry, crisps
- Crumbly items, for example bread or pie crusts, crumble biscuits
- Hard foods, for example boiled and chewy sweets and toffees, nuts and seeds
- Husks, for example sweetcorn, brown breads, seeds, beans, popcorn



Lettuce



Nuts



Cereal



Popcorn

NOTE:

Avoid ice cream, ice pops or jelly unless your Speech and Language Therapist tells you they are okay for you. Ice cream and ice pops turn to thin liquid in the mouth, and jelly breaks up into small pieces that are hard to control.



COOKING EQUIPMENT & UTENSILS



Blender



Measuring jug



Mixing bowls



Piping bag



Ice cube trays



Scoop



Shaker



Sieve



Measuring spoons



Whisk

For further information please contact the Nutricia Homeward Customer Service team on 08457 623653 or visit mynutris.co.uk

PREPARATION TIPS

When preparing meals with more than one component (e.g. meat, potatoes and carrots), purée the foods separately and arrange them on the plate separately. This means that the flavour and the colour of the individual foods are maintained much as they are in a normal meal.

Foods and drinks thickened with Nutilis Clear can be chilled, frozen and reheated. Many people find it easy to make batches of food they eat relatively often and freeze the extra portions for later use (if you freeze the food in ice cube trays, it allows easy control of portions as you need only defrost and reheat as many cubes as you need for each meal).

Bread and other foods made with grain, such as biscuits and cakes, are a particular problem for patients with dysphagia. The granular structure of these foods means that they are extremely hard to swallow. Using Nutilis Clear soaking solutions can help you achieve a smooth texture with these foods.

SOAKING SOLUTION

- 200ml liquid (e.g. milk, fruit juice, stock)
- 1 scoop of Nutilis Clear

METHOD

1. Place liquid into a bowl, add Nutilis Clear and whisk thoroughly.
2. Use immediately and do not allow soaking solution to thicken before adding food.
3. Dip food in soaking solution for 1 minute and place on a plate.
4. Cover and refrigerate for 1½-2 hours before serving.

The amount of Nutilis Clear used in each recipe is used as an example and does not replace the advice of your healthcare professional. Individual requirements will vary so please refer to your healthcare professional if you are unsure how much Nutilis Clear is right for you.

BREAKFAST

Instant Honey Porridge 15

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INSTANT HONEY PORRIDGE

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

20g instant porridge oats
or fine rolled oats

120ml milk

20ml cream

1 tsp clear honey

A pinch of salt

2 scoops of Nutilis Clear

METHOD

- Put the oats in a saucepan, pour in milk and sprinkle in a pinch of salt.
- Bring to the boil and simmer for 1 minute, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan.
- Alternatively, you can try this in a microwave: Mix the oats, milk and a pinch of salt in a large microwave-proof bowl, then microwave on high for 1½ minutes, stirring halfway through.
- Add cream and honey into the mixture and blend until smooth.
- Add Nutilis Clear and blend for 10 seconds.



Serving suggestion

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
224kcal	9.9g	26g	7.1g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.

SCRAMBLED EGGS

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

2 eggs

50ml milk

Salt

Freshly ground pepper

2 scoops of Nutilis Clear

TIPS

Add 25g of grated cheese to the eggs as they are cooking.

Fry a handful of finely chopped onion in butter before adding the beaten eggs.

Fry some chopped onions, mushrooms and ham in butter before adding the eggs.

METHOD

- Mix 2 eggs, salt, pepper and 30ml milk in a small microwave-safe bowl.
- Stir thoroughly and microwave for 1-1½ minutes at medium power.
- Stir again until well mixed and microwave again 30 seconds at a time until desired texture is obtained.
- Mix well between cooking and take care not to overcook.
- Place the mixture in the blender with 20ml milk and blend until smooth.
- Whisk in Nutilis Clear and serve.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
190kcal	12f	3.7g	16g

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FULL BREAKFAST

LEVEL 4 PURÉED

INGREDIENTS (for 1-2 servings)*

Sausages (see recipe on page 39)

Scrambled eggs (see recipe on page 16)

50ml tomato juice

2 scoops Nutilis Clear

METHOD

- Put the sausages and scrambled eggs onto the plate (you can use food moulds or just pipe them onto the plate).
- Place the tomato juice into a bowl, add Nutilis Clear, whisk and leave to stand for 90 seconds (you can use food moulds or just pipe the tomato directly onto the plate).



Serving
suggestion

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
665kcal	47g	26g	29g

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SMOOTHIES

LEVEL 1 SLIGHTLY THICK

INGREDIENTS (for 1 serving)*

Melon Smoothie

75g melon

50ml fruit juice or milk

100ml smooth yoghurt

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
128kcal	3.3g	17g	6.5g

METHOD

- Place all ingredients into blender and blend until smooth.
- Pass smoothie through a sieve.
- Pour into a glass and serve.

Banana, Orange and Ginger Smoothie

60g peeled banana, broken into chunks

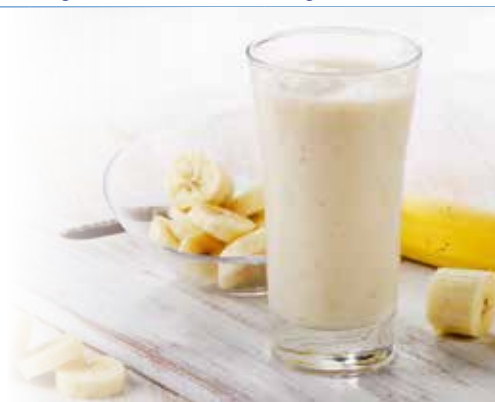
50ml orange juice

½ tsp ground ginger (to taste)

100ml smooth yogurt

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
116kcal	3.3g	26g	7g



TIP

To achieve an alternative level of drink, refer to dosing guidelines on Nutilis Clear tin.

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SMOOTHIES

LEVEL 2 MILDLY THICK

INGREDIENTS (for 1 serving)*

Strawberry and Banana Smoothie

60g banana, broken into chunks

50g frozen strawberries

50ml milk

100ml smooth yogurt

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
193kcal	5.2g	26g	8.7g

METHOD

- Place all ingredients into blender and blend until smooth.
- Pass smoothie through a sieve.
- Pour into a glass and serve.

Mango and Honey

100g tinned or fresh mango (if using fresh mango peel skin and cut flesh from stone)

100ml smooth yogurt

50ml milk

1 tsp clear honey to sweeten

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
205kcal	5.2g	29g	8.3g

TIP

To achieve an alternative level of drink, refer to dosing guidelines on Nutilis Clear tin.

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LUNCH

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Mushroom Soup 26

Tomato & Red Pepper Soup.....28

Sweet Potato & Butternut
Squash Soup 29

Chicken Noodle Soup 30

Carrot & Potato Soup.....31

SALADS

LEVEL 4 PURÉED



INGREDIENTS (for 1 serving)*

Avocado & Cream Cheese

50g avocado, peeled and chopped

30g cream cheese

30g mayonnaise

30ml milk

2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
406kcal	41g	5.3g	3.8g

Tuna or Salmon

50g tinned tuna or salmon

30g mayonnaise

30ml milk

2 scoops of Nutilis Clear

Note: make sure there are no bones in the fish.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
286kcal	24g	3.5g	14g

Potato Salad

50g potato salad

30ml milk or water

20g mayonnaise

2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
283kcal	26g	9.1g	2g

Beetroot Salad

50g cooked beetroot

50ml milk

20g mayonnaise

2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
203kcal	17g	8.7g	3.1g

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SALADS

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

Coleslaw Salad

50g coleslaw salad

30g mayonnaise

30ml milk

3 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
325kcal	32g	7.1g	1.8g

Cucumber with Mint Salad

100g peeled cucumber

1 tsp mint sauce

30g natural yogurt

4 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
60kcal	1.5g	7.9g	2.8g

Lettuce Salad

50g lettuce

30ml warm water

30ml natural yogurt

Pinch of salt

4 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
47kcal	1g	6g	2.4g

METHOD

- Place all ingredients except the Nutilis Clear in a blender and blend until smooth.
- Once blended, pass through a sieve.
- Add in the Nutilis Clear and blend for another 30 seconds.
- You can use fruit, fish or sausage moulds to shape the salads. Alternatively use an ice cream scoop or piping bag to display the food on the plate.

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VEGETABLE SOUP

LEVEL 3 MODERATELY THICK

INGREDIENTS (for 1-2 servings)*

150g of your favourite mixed root vegetables (carrots, leek, onion, parsnip, potato, swede, turnip, sweet potato and anything else you think will work well)

1tsp butter or margarine

2g puréed garlic

Salt and pepper (to taste)

150ml vegetable stock

Remember: No Nutilis Clear is used in this recipe as soup will thicken as it cools.

TIP

To achieve an alternative level of drink, refer to dosing guidelines on Nutilis Clear tin.

METHOD

- Wash and prepare the vegetables, trimming and peeling where necessary, and then chop them all.
- Heat the butter or margarine in a large pan and add in the vegetables, garlic and a little salt and pepper (to taste).
- Stir the mixture well and cover with a pan lid for 15 minutes over a hot hob, stir occasionally.
- Add the stock, bring to the boil, then cover the mixture and allow it to simmer for 30 minutes – this time can be altered, just make sure the vegetables end up perfectly soft.
- Put this mixture in the blender and blend*** until smooth.
- Taste your soup and add salt and pepper to your liking — it's ready to dish up!

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
211kcal	7.7g	30g	3.5g

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***Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure your blender is suitable for processing hot foods and follow their instructions for safe blending.

MUSHROOM SOUP

LEVEL 2 MILDLY THICK

INGREDIENTS (for 1-2 servings)*

150g mushrooms

15g butter

5g puréed garlic

50g onion, chopped

200ml hot chicken or vegetable stock

10ml cream

Salt and freshly ground black pepper to taste

Remember: No Nutilis Clear is used in this recipe as soup will thicken as it cools.

METHOD

- Heat the butter in a medium sized pan and cook the garlic and onions until they're soft but not browned.
- Add mushrooms, and cook over a high heat for 3 minutes while stirring constantly.
- Pour in the hot chicken or vegetable stock and bring to the boil. Simmer for 10 minutes, then add cream.
- Place the soup mixture into the blender and add salt and pepper. Blend*** well until smooth; it may be necessary to do this in two batches.
- Reheat in the microwave or pan to serve.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
198kcal	15g	9.1g	5.4g

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Serving suggestion

TOMATO & RED PEPPER SOUP

LEVEL 2 MILDLY THICK

INGREDIENTS (for 1-2 servings)*

1 tbsp olive oil

2g puréed garlic

100g passata (or you can use a tin of chopped tomatoes, which you have to put through a sieve)

1 tbsp tomato purée

2 tsp vinegar

15g chopped onions

20g chopped red pepper

150ml vegetable stock

10ml double cream

Remember: No Nutilis Clear is used in this recipe as soup will thicken as it cools.

METHOD

- Place oil in a small pan and add in the garlic, chopped onion and pepper.
- Allow to cook gently for 5 minutes but do not brown.
- Then add the tomato passata/tinned tomatoes into the pan, along with the tomato purée, 150ml vegetable stock and vinegar, and simmer for 15 minutes.
- Add cream and blend*** until smooth.
- Reheat in the microwave or pan to serve.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
285kcal	18g	18g	5.3g

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SWEET POTATO & BUTTERNUT SQUASH SOUP

LEVEL 3 MODERATELY THICK

INGREDIENTS (for 1-2 servings)*

75g sweet potato (skinned and cubed)

50g butternut squash (skinned and cubed)

80g potato (peeled and cubed)

150ml vegetable stock

Sea salt and black pepper

2 tbsp olive oil

1 tbsp plain yogurt

Remember: No Nutilis Clear is used in this recipe as soup will thicken as it cools.

METHOD

- Sweat the butternut squash, sweet potato and potato in olive oil in a deep edged pan for five minutes.
- Add the vegetable stock and simmer covered until the vegetables are soft.
- Add the yogurt and liquidise*** everything until smooth.
- Reheat in the microwave or pan to serve.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
433kcal	27g	39g	5.9g

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CHICKEN NOODLE SOUP

LEVEL 3 MODERATELY THICK

INGREDIENTS (for 1-2 servings)*

150ml chicken or vegetable stock
(or miso soup mix)

60g chopped chicken breast, skinless

1 tsp ground ginger

6g finely chopped garlic

50g straight-to-wok noodles

30g chopped mushrooms, thinly sliced

2 tsp soy sauce, plus extra for serving

Shredded chilli

Remember: No Nutilis Clear is used in this recipe as soup will thicken as it cools.

METHOD

- Pour the stock into a pan and add chicken, ginger and garlic.
- Bring to the boil, then reduce the heat, partly cover and simmer for 20 minutes until the chicken is tender.
- Add in the noodles, mushrooms, and soy sauce.
- Simmer for 3-4 minutes until the noodles are very soft.
- Place everything in the blender and blend*** until smooth.
- Reheat in the microwave or pan to serve.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
163kcal	2.2g	13g	22g

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CARROT & POTATO SOUP

LEVEL 3 MODERATELY THICK

INGREDIENTS (for 1-2 servings)*

- 1 tbsp olive oil
- 30g onion, chopped
- 50g potato, peeled and chopped
- 75g carrots, peeled and chopped
- 150ml vegetable or chicken stock
- 10ml cream

Remember: No Nutilis Clear is used in this recipe as soup will thicken as it cools.

METHOD

- Heat the oil in a large pan, add the onion and fry for 5 minutes until softened.
- Stir in the potato then cook for 4 minutes.
- Add the carrots and stock. Bring to the boil and then reduce the heat.
- Cover the pan and cook for 20 minutes until the carrots are tender.
- Pour the soup and cream into a blender and blend*** until smooth (you may need to do this in two batches).
- Return to the pan, taste, and add salt if necessary.
- Reheat in the microwave or pan to serve.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
237kcal	15g	20g	2.5g

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***Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure your blender is suitable for processing hot foods and follow their instructions for safe blending.

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FISH IN CHEESE SAUCE

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

100ml milk

30g finely chopped onion

100g boneless fish (white fish like cod is ideal)

10g butter

40g grated cheese

2 tsp lemon juice

5 scoops of Nutilis Clear

METHOD

- Place milk, fish, butter and onion into a saucepan.
- Poach fish until soft — this takes about 10 minutes. Be careful not to boil.
- Place the mixture into the blender.
- Add Nutilis Clear with the lemon juice and cheese, and blend*** until smooth.

TIP

Place the fish in a small dish and then pipe lump-free mashed potato on the top. Heat in a microwave for 30 seconds for a lovely fish pie.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
399kcal	25g	11g	31g

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SALMON

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

50ml water

15ml dry white wine or dry vermouth†

30g onion, sliced

Salt and pepper

2 sprigs dill or ½ tsp dry dill weed
(no stems)

2 sprigs parsley (no stems)

100g boneless and skinless
salmon steaks

25ml cream

1 scoop of Nutilis Clear

METHOD

- Combine water, wine, onion, salt, pepper, dill and parsley in a large saucepan.
- Heat until it reaches boiling point. Reduce heat, cover and simmer for 10 minutes.
- Add the salmon steaks, cover and simmer gently for 5 minutes (a little longer for steaks thicker than ½ inch), or until fish flakes easily with a fork.
- Add cream to the mixture and blend*** until smooth.
- Whisk or blend Nutilis Clear into the mixture to thicken.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
271kcal	15g	6.3g	24g

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†Please check with your healthcare professional before using recipes containing alcohol.



PASTA

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

- 75g hot overcooked pasta
- 75ml hot water
- 20ml cream
- 30g cheese
- 2 scoops of Nutilis Clear

TIP

To make different pasta flavours add sun-dried tomato purée, pesto, Parmesan cheese, or smoked purée ham and blend with the pasta.

METHOD

- Cook the pasta in boiling water as per pack instructions and overcook it slightly so it is soft.
- Put pasta into the blender, add water, cream and cheese and blend*** until smooth.
- Whisk or blend Nutilis Clear into the mixture and let it stand for 90 seconds.
- Pipe or spread it into the shape you need.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
290kcal	14g	27g	12g

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MINCED BEEF OR BOLOGNESE SAUCE

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

- ½ tbsp sunflower oil
- 30g onion (chopped)
- 30g carrots (chopped)
- 100g minced beef
- 2 tbsp tomato purée
- Large splash Worcestershire sauce
- 75ml beef stock
- 5 scoops of Nutilis Clear

TIP

Put puréed minced beef in an oven proof dish. Then pipe smooth instant mashed potato on top for a great cottage pie.

You can also use this recipe to make bolognese by adding 75g passata, some Italian herbs and ½ clove of garlic.

METHOD

- Heat the oil in a medium saucepan, and soften the onion and carrots for a few minutes.
- When soft, turn up the heat and crumble in the beef. Brown the beef, tipping off any excess fat. Add the tomato purée and Worcestershire sauce and fry for a few minutes.
- Pour over the stock, bring to a simmer, then cover and cook for 40 minutes, uncovering halfway.
- Place the mixture into the blender and blend*** until smooth.
- Whisk in Nutilis Clear to thicken.



Serving suggestion

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
334kcal	7.6g	29g	29g

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LASAGNE

LEVEL 4 PURÉED

INGREDIENTS (for 1-2 servings)*

- Puréed cooked bolognese sauce (see page 37)
- Puréed pasta warm (see page 36)
- Finely grated Parmesan cheese (optional)

METHOD

- Pipe the puréed meat on to a plate into a 6cm by 6cm square. Alternatively use a small square oven dish.
- Then continue the layering. Pipe pasta on the meat, then add another layer of meat and finish with a layer of pasta topped with Parmesan cheese.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
624kcal	21.6g	56g	41g

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SAUSAGE & ONIONS

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

- 10ml vegetable oil
- 100g sausage meat or skinned uncooked sausage
- 50g onions
- 50ml water
- 1 tsp gravy browning
- 1 tsp chopped sage
- 4 scoops of Nutilis Clear

METHOD

- Heat the oil in a pan and sweat the onion for five minutes until soft.
- Add the sausage meat and water, then cook gently for 10 minutes.
- Add the gravy browning and blend*** until smooth.
- Add Nutilis Clear to thicken.
- Place the mixture into a sausage food mould or pipe on the plate.

TIP

When blending your sausage you could add tomato sauce, brown sauce, or mustard sauce to create different flavours.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
457kcal	35g	20g	13g

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RATATOUILLE

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

- 50g aubergine
- 50g courgette
- 40g red or yellow pepper
- 2 tbsp olive oil
- 100ml passata or tinned tomatoes passed through a sieve
- Small bunch of basil (no stems)
- 30g onions
- ½ garlic clove peeled and crushed
- 1 tbsp red wine vinegar
- 5 scoops of Nutilis Clear

TIP

You can serve this with pasta or smooth mashed potato on top

METHOD

- Heat oil in a large casserole dish and sweat the onions and garlic for 10 minutes on a low heat with the lid on.
- Add peppers, aubergines and courgettes. Season with salt and pepper, stir and cook for a further 20 minutes with the lid on.
- Pour in the passata or tinned tomatoes and red wine vinegar, stir and check the seasoning. Cook for a further 5 minutes without the lid.
- Stir in the basil.
- When cooked, blend*** until smooth and whisk in Nutilis Clear.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
339kcal	26g	16g	4.3g

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CANNELLONI

LEVEL 4 PURÉED

INGREDIENTS (for 1-2 servings)*

Puréed pasta (recipe on page 36)

Puréed Ratatouille (recipe on page 40)

Puréed spinach (recipe on page 44)

METHOD

- Spread out a 20cm piece of cling film on your worktop.
- Using a food piping bag, spread a 10cm by 8cm strip of puréed pasta.
- Then using another food piping bag, spread the puréed spinach on top.
- Place a 4cm strip of puréed ratatouille down the middle of the pasta.
- Then lift the side of the cling film and roll into a sausage shape.
- Pull the cling film back and slice into 2cm slices to serve.



Serving suggestion

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
689kcal	42.9g	47.5g	19g

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CHICKEN

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

- 75g diced chicken
- 50g onion (chopped)
- 50ml chicken stock
- 50g leek (chopped)
- 1 tbsp gravy browning
- 2 scoops of Nutilis Clear
- 1 tsp oil

METHOD

- Place diced chicken, chopped leeks, onion and chicken stock with oil in a pan and cook for 15 minutes.
- When cooked, blend*** until smooth.
- Thicken with Nutilis Clear and then use the chicken mould for presentation.

TIP

When the chicken is cooking in the pan you may add tomato purée, curry powder, wine†, sweet and sour sauce, herbs, other vegetables or cream to give more flavour. Dishes you could create include chicken curry or cream of chicken with mushroom.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
170kcal	5.7g	7.6g	21g

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†Please check with your healthcare professional before using recipes containing alcohol.

VEGETABLES

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

Carrots, Turnips and Parsnips

50g cooked, soft vegetables

3g butter

40ml warm water or the juice the vegetables were cooked in

1 tsp milk powder

2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
81kcal	3.1g	9.6g	2.3g

Broccoli, Cauliflower, Spinach and Cabbage

50g boiled or steamed vegetables

3g butter

1 tsp milk powder

35ml vegetable stock or water

2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
64kcal	3g	5.9g	2.5g

TIP

For increased variety and calories add 30g of grated cheese to create cauliflower or broccoli cheese.

METHOD

- Place vegetables, butter and milk powder in a blender and blend until smooth.
- Add Nutilis Clear into mixture and blend for 10 seconds.
- Let stand for 90 seconds and use an ice-cream scoop to serve or use vegetable moulds.

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.



Peas and Green Beans

60g cooked vegetables

3g butter

50ml warm water or the juice
the vegetables were cooked in

1 tsp milk powder

2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
98kcal	3g	11g	4.9g

METHOD

- Place vegetables, butter and milk powder in a blender and blend until smooth.
- Place through a sieve to remove all lumps, skins etc.
- Add Nutilis Clear into the mixture and blend for 10 seconds.
- Leave to stand for 90 seconds and use an ice-cream scoop to serve or use a suitable vegetable mould.

REMEMBER: These vegetables must be passed through a sieve before thickening.

DESSERTS

Puréed Fruits	47
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PURÉED FRUITS

This recipe for puréed fruits will be used throughout the desserts section.

The best fruits to blend are tinned pears, peaches, apples, mandarins, oranges, mangoes, rhubarb, and papaya.

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

60g tinned fruits

30ml fruit juice

5 scoops of Nutilis Clear

METHOD

- Place all ingredients except Nutilis Clear in a blender and blend until smooth.
- Add Nutilis Clear and blend for another 10 seconds.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
62kcal	0g	14g	0g

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FRUIT FOOL

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

60ml double cream

60ml thick custard

50g puréed thickened fruit
(see recipe on page 47)

2 scoops of Nutilis Clear

METHOD

- Blend fruits in a blender until smooth (recipe on previous page) then whisk in Nutilis Clear.
- In a separate bowl whip the double cream until stiff and then add in custard.
- Mix both mixtures together and then pipe into a bowl or tall glass to serve.

TIP

The best fruit fools are apple and cinnamon or rhubarb and ginger. Just mix the spice into the puréed fruits for added flavour.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
393kcal	33g	19.3g	3.4g

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IRISH CREAM

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

- 20ml Irish Cream Liqueur†
- 100g whipped cream (double cream is best)
- 1 tsp chocolate powder
- 2 scoops of Nutilis Clear

TIP

You can replace the chocolate with a teaspoon of ground coffee for a different flavour.

METHOD

- Place all ingredients in a bowl and mix until thick using a hand or electric whisk.
- Pipe into a bowl or glass and serve.



Serving suggestion

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
588kcal	57g	11g	2.5g

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MANGO CHILL

LEVEL 4 PURÉED

INGREDIENTS (for 1 serving)*

60g semi-defrosted mango (leave out of the freezer for 10 minutes before preparing)

130ml vanilla yogurt

20ml apple juice

6 scoops of Nutilis Clear

METHOD

- Place all the ingredients in a blender and blend until smooth.
- Use an ice cream scoop to serve.

TIP

You can create other flavours for this dessert to your liking, for example, apple, pear and peach.



Serving suggestion

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
216kcal	4.5g	34g	8.2g

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CATERING TIPS

TIP:

If you are preparing more than one serving of thickened foods or preparing food in advance and freezing, you can use these portions for some of our more popular recipes. You can prepare the ingredients for any of our other recipes for multiple servings by multiplying the quantities.

INGREDIENTS (for 10 servings)*

Scrambled Eggs

20 eggs

Salt

Freshly ground pepper

500ml milk

12 scoops of Nutilis Clear

For method and nutritional info please turn to page 16.

Chicken

750g diced chicken

10 small chopped onions

500ml chicken stock

500g leeks

4 tbsp oil

11 scoops of Nutilis Clear

For method and nutritional info please turn to page 43.

Minced Beef or Bolognese Sauce

6 tbsp sunflower oil

300g onion (chopped)

300g carrots (chopped)

1kg minced beef

12 tbsp tomato purée

10 large splashes Worcestershire sauce

1L beef stock

23 scoops of Nutilis Clear

For method and nutritional info please turn to page 37.

Fish in Cheese Sauce

1 litre milk

300g finely chopped onion

1kg boneless fish (white fish like cod is ideal)

100g butter

400g grated cheese

20 tsp lemon juice

23 scoops of Nutilis Clear

For method and nutritional info please turn to page 33.

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.

Sausage and Onions

1kg sausage meat or skinned uncooked sausage

500g onions

500ml water

10 tsp gravy powder

10 tsp chopped sage

22 scoops of Nutilis Clear

100ml vegetable oil

For method and nutritional info please turn to page 39.

Carrots, Turnips and Parsnips

500g cooked, soft vegetables

30g of butter

10 tsp milk powder

400ml warm water or the juice the vegetable were cooked in

11 scoops of Nutilis Clear

For method and nutritional info please turn to page 44.



NOTES

NUTRICIA Nutilis Clear

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