



## Fun Ziplock Omelette

Recipe makes:

1 portion

Preparation time:

5 minutes

Cooking time:

15-20 minutes

### Nutritional Information

### 1 Portion

Energy	301kcal
Carbohydrates of which sugars	3.5g 3.5g
Protein	29.9g
Fat	18.6g

### Ingredients:

- 2 medium eggs, beaten
- 1 large slice of ham cut into pieces
- 1 tbsp finely chopped onions
- 2 tbsp finely chopped mushrooms
- 1 tbsp cooked bacon, finely chopped
- 2 tbsp green pepper, finely chopped
- 28g reduced-fat mozzarella cheese, shredded
- Salt and black pepper to taste
- 2 dark green salad leaves
- Small tomato cut into wedges

### Method:

1. Half fill a medium sized pan with water and bring to the boil.
2. Add the beaten eggs and all ingredients (except the salad leaves and tomato) into a Ziplock food bag.
3. Gently shake ingredients to mix, and make sure any air is removed before sealing the Ziplock bag.
4. Place the bag zip side up into the boiling water; and boil for 15-20 minutes or until cooked.
5. Carefully remove the bag from the boiling water and open. Be careful not to burn yourself with the steam.
6. Pour the omelette onto a plate and serve with the salad leaves and tomato.

### Chef's Tips:

- For a Mexican fiesta omelette try adding guacamole, salsa and sour cream.
- If making several servings, have each person write their name on the outside of the Ziplock bag with a permanent marker. You may cook 6-8 bags at a time in a large pan.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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# Green Goddess Smoothie

Recipe makes:

1 smoothie

Preparation time:

5 minutes

Nutritional Information	1 Smoothie
Energy	296kcal
Carbohydrates of which sugars	8.1g 5.8g
Protein	12.8g
Fat	23.6g

## Ingredients:

- 100g plain Greek yogurt
- 15g mixed greens
- 1/4 of an avocado
- 1 tbsp hemp seeds
- 4 fresh raspberries

## Method:

1. Place all ingredients in a blender and blend until smooth. Add water, if a thinner consistency is desired.

## Chef's Tip:

- Add ice before blending, if desired.

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## Pick-Me-Up Smoothie

Recipe makes:

1 Smoothie

Preparation time:

5 minutes

### Nutritional Information

### 1 Smoothie

Energy	136kcal
Carbohydrates of which sugars	4.1g 2.9g
Protein	8g
Fat	9.7g

### Ingredients:

- 120ml unsweetened almond milk
- 7.5g baby spinach leaves
- 4g baby kale
- 1 tbsp almond butter
- 10 small fresh blueberries
- $\frac{3}{4}$  tsp vanilla extract

### Method:

1. Place all ingredients in a blender and blend until smooth. Add water if a thinner consistency is desired.

### Chef's Tips:

- Add ice before blending, if desired.
- Try any greens you have on hand for a different flavour.

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## Pico de Gallo - Mexican Salsa

Recipe makes:

4 Portions (344g)

Preparation time:

10 minutes

### Nutritional Information

### 1 Portion (86g)

Energy	17kcal
Carbohydrates of which sugars	2.9g 2.5g
Protein	0.8g
Fat	0.2g

### Ingredients:

- 1 large or 2 medium tomatoes, finely chopped
- ½ medium red onion, finely chopped
- 2 tbsp fresh coriander, chopped
- 2 freshly squeezed lemons, juice only
- 1 red de-seeded chilli, finely chopped
- 2 cloves of garlic, minced

### Method:

1. Mix all ingredients in a bowl.
2. Cover and chill until ready to use.

### Chef's Tip:

- Great served as a side dish with the Mouth-watering Meatloaf (see separate recipe card).

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## Mouth-Watering Meatloaf

Recipe makes:  
8 Portions

Preparation time:  
15 minutes

Cooking time:  
45-55 minutes

Nutritional Information	1 Portion
Energy	205kcal
Carbohydrates of which sugars	8.4g 4.5g
Protein	19.6g
Fat	10.3g

### Ingredients:

- 500g 10% fat beef mince
- 60g breadcrumbs
- 3 medium onions, thinly sliced
- 5 cloves garlic, minced
- 2 large eggs
- 2tbsp of tomato puree
- 60g passata
- ½ tsp salt
- ¾ tsp ground pepper
- 4 slices thinly cut bacon

### Method:

1. Pre-heat oven to 180°C/ fan 160°C/ gas mark 4.
2. Mix ground beef, breadcrumbs, onions, garlic, eggs, tomato puree, passata, salt and pepper in a large bowl.
3. Shape the beef mix into an 8x4 inch foil lined loaf pan.
4. Lay uncooked bacon slices on top of your meatloaf.
5. Bake for 45-55 minutes.
6. Remove from the oven and let rest for 5 minutes.
7. Cut into 8 equal sized slices.

### Chef's Tips:

- Instead of passata you can use tinned crushed tomatoes. Ensure to press with a potato masher or use a stick blender to make a smooth consistency.
- Serve with fresh green salad or Pico de Gallo Mexican salad (see separate recipe card), and a portion of rice or potatoes.

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