



TIPS FOR COOKING THE PERFECT LOW PROTEIN PASTA AND RICE

This information is intended for patients who have inherited metabolic disorders and other conditions requiring a low protein diet.

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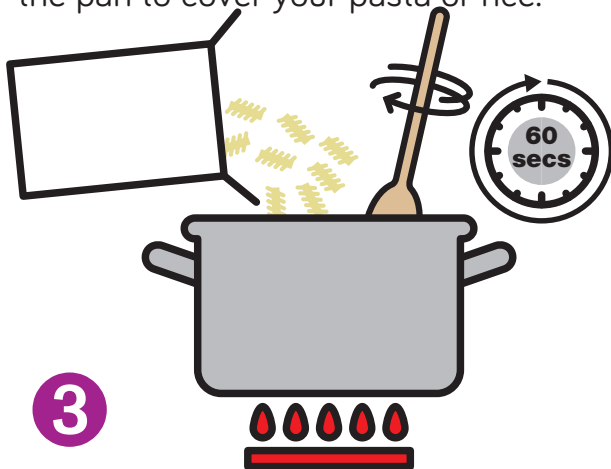


Use approximately 1L water per 75g pasta or rice. Ensure there is sufficient water in the pan to cover your pasta or rice.

2



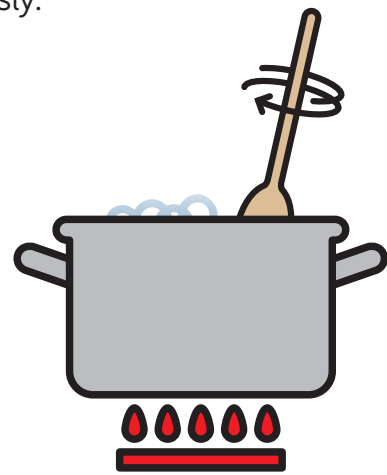
Optional - Add a 1 tbsp oil and 1 tsp salt per 1L of water. Make sure the water is boiling vigorously.



3

Add the low protein pasta or rice and stir for 1 minute until the water is brought back to the boil.

4



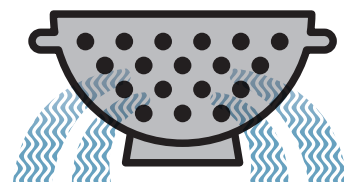
Occasionally stir the low protein pasta during cooking to stop it sticking together. If you are cooking low protein rice, stir it every couple of minutes as it is more likely to stick.

5



Once cooked, drain the low protein pasta or rice straight away.

6



Rinse thoroughly with hot water to stop it sticking together. And it's ready to serve.



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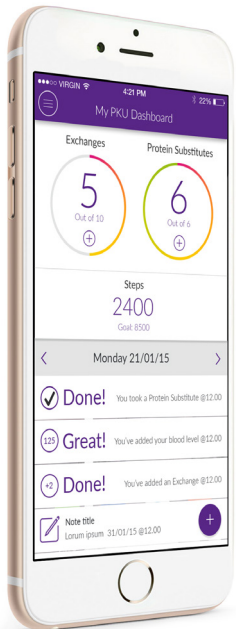


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