

FUSILLI WITH ROASTED TOMATO SAUCE

Servings: 4

INGREDIENTS

2 cups cherry tomatoes (300 g or about 16 tomatoes), halved
3 tbsp olive oil (45 mL)
1 yellow onion (160 g), diced
3 garlic cloves (9 g), smashed
Salt and pepper to taste
¼ cup coarsely chopped fresh basil (6 g)
¼ cup water (180 mL)
2 cups uncooked Loprofin fusilli (336 g)
PhenylAde® GMP MIX-IN/TYR Lophlex® GMP MIX-IN, 1 pouch added to an individual serving (see directions)

DIRECTIONS

1. Preheat the oven to 190°C (375°F).
2. Place the tomatoes in a roasting pan and drizzle with 1 tbsp olive oil. Roast for 20 minutes.
3. In a medium saucepan, heat the remaining 2 tbsp of olive oil. Add the onion and garlic. Sauté on medium heat until lightly golden. Season with salt and pepper.
4. Add the roasted tomatoes, followed by the basil and the water. Slowly stir. Reduce the heat and allow the sauce to slowly cook and thicken (approximately 25 minutes). Set aside to cool.
5. Cook the Loprofin fusilli according to package directions.
6. Separate your portion and add 1 pouch of **PhenylAde/TYR Lophlex GMP MIX-IN** to cooled down ready-to-eat sauce. Whisk until uniform. Toss your portion of pasta into the sauce.

NUTRITION INFORMATION

Per recipe		Per serving	
Calories	1704 kcal	Calories	426 kcal
Protein	6.8 g	Protein	1.7 g
Phenylalanine	186 mg	Phenylalanine	47 mg
Tyrosine	86 mg	Tyrosine	22 mg

Adding 1 pouch of **PhenylAde GMP MIX-IN** per serving will add 42 calories, 10 g PE and 15.3 mg of PHE.

Adding 1 pouch of **TYR Lophlex GMP MIX-IN** per serving will add 40 calories, 10 g PE, 18 mg of PHE and 3.5 mg of TYR.

Do not heat, bake or add PhenylAde/TYR Lophlex GMP MIX-IN to food or beverages above 54°C (130°F).

The protein content indicated in the recipes are provided as a guide only. Please check the protein content on individual ingredients and food labels. Always consult your metabolic dietitian before making any changes to your low-protein diet.

PhenylAde GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision.

TYR Lophlex GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven tyrosinemia (TYR) and must be used under medical supervision.

Loprofin pastas are foods for special dietary use from Nutricia North America for the dietary management of inherited metabolic disorders and other conditions requiring a low-protein diet and must be used under medical supervision.

Recipe and food photography by Akeela Jakhura

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