

# Island Rice

Serves: 1



## Ingredients

- 200ml vegetable stock
- 75g Loprofin Rice
- 1/2 courgette, cubed
- 60g mangetout
- 1/4 pineapple, cubed
- 2-3 strawberries, hulled and quartered
- 1 spring onion, thinly sliced



## Method

1. In a large saucepan, bring the vegetable stock to the boil and add in the [Loprofin Rice](#). Stir vigorously and add in the courgette.
2. Cook uncovered, stirring occasionally for 10 minutes. If necessary add more water.
3. Once the rice is cooked and the water has been absorbed, remove from the heat and stir in the pineapple pieces.
4. Serve topped with spring onions, strawberries and pineapple

**This recipe was inspired by the summer heatwave of 2018.**

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

The Loprofin Range are Foods for Special Medical Purposes, for the dietary management of Inherited Metabolic Disorders, and must be used under medical supervision. This recipe is intended for patients who have been prescribed Loprofin by a healthcare professional.

\* The protein content indicated in this recipe is provided as a guide only. Please check the protein content on individual ingredients and food labels.