

VitaFriends™

CURRY
CLUB

RECIPES SPECIFICALLY DESIGNED FOR A LOW PROTEIN DIET



Enhancing Lives Together
A Nestlé Health Science Company

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Enhancing Lives Together



SERVING SUGGESTION



ProZero™ is a protein-free alternative to milk suitable for use from 6 months of age. It can be used on its own as a drink or incorporated into recipes.

ProZero, Mevalia Low Protein Rice Replacer and Fate Low Protein All-Purpose Mix are foods for special medical purposes and should be used under medical supervision. These recipes have been specifically designed for those following a low protein diet and are exchange free as far as possible. Refer to labels for allergen and other product information. Always check with your dietitian that these recipes are suitable for your diet.

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SERVING SUGGESTION

RECIPE MAKES: 4 PORTIONS

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

TOP TIP: ADD MORE CHILLI
FOR A SPICY KICK!

SERVING SUGGESTION

Serve with Mevalia
low protein rice replacer.

RECIPE MAKES: 2 PORTIONS

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

TOP TIP: ADD MORE CHILLI
FOR A SPICY KICK!

JACKFRUIT TIKKA MASALA

INGREDIENTS

2 tbsp Vegetable oil
100g Red onion, finely sliced
1 Fresh green chilli, deseeded and finely diced
1 Yellow pepper, diced
2 Garlic cloves, crushed
10g Fresh ginger, grated
3 Fresh curry leaves
1 Cinnamon stick
280g Tin jackfruit, drained and shredded
1 tsp Dried fenugreek
1 tsp Dried turmeric
1 tsp Garam masala
1 tbsp Curry powder
1 tbsp Tomato purée
30g Fresh coriander, chopped
390g Tinned chopped tomatoes
100ml ProZero
1 tbsp Permitted mango chutney
Salt and pepper to taste

METHOD

1. Heat the oil in a frying pan over a medium heat, and add onion, chilli, yellow pepper, garlic, ginger, curry leaves, cinnamon stick and jackfruit and cook for 5 minutes, stirring continuously.
2. Add the fenugreek, turmeric, garam masala, curry powder, tomato purée and coriander and cook for a further 2 minutes.
3. Pour in the chopped tomatoes and ProZero into the pan and cook for 10 minutes or until vegetables are soft.
4. Add in the mango chutney, salt and pepper to taste, stir to combine and cook for a further minute.
5. Remove the curry leaves and cinnamon stick before serving.

SERVING SUGGESTION

Enjoy with Mevalia low protein rice replacer, mango naans or dosas and a spoonful of Raita! (see recipe at www.vitafriendspku.co.uk).

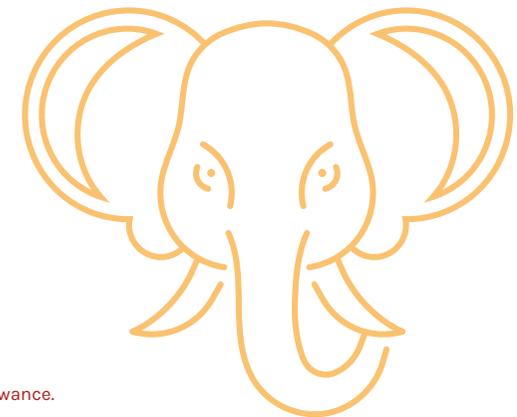
JACKFRUIT THAI GREEN CURRY

INGREDIENTS

2 tbsp Sesame oil
140g Tinned jackfruit, drained and shredded
50g Leek, sliced
50g Red pepper, thinly sliced
50g Spring onion, thinly sliced
50g Aubergine, thinly sliced
2 Garlic cloves, crushed
½ Green chilli, deseeded and finely sliced
1 Stalk lemongrass
1 tbsp Chinese 5 spice
100ml Permitted light coconut milk*
100ml ProZero

METHOD

1. Heat the oil in a frying pan on a medium heat.
2. Add the jackfruit, leek, red pepper, spring onion, aubergine, garlic, chilli and lemongrass and cook for 5 minutes.
3. Stir in the Chinese 5 spice and simmer for a minute.
4. Pour in the permitted coconut milk and ProZero, cook for a further 15 minutes and serve.



*Make sure you consider this in your daily protein allowance.

SERVING SUGGESTION

Serve with Mevalia low protein rice replacer or spiralised vegetables.

RECIPE MAKES: 2 PORTIONS

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

TOP TIP: ADD MORE CHILLI FOR A SPICY KICK!



SERVING SUGGESTION

RECIPE MAKES: 2 PORTIONS

PREP TIME: 20 MINUTES

COOK TIME: 20 MINUTES

CHINESE JACKFRUIT CURRY

INGREDIENTS

2 tbsp Sesame oil
1 Red onion, peeled and diced
50g Pumpkin, peeled and diced
½ Red pepper, de-seeded and diced
½ Aubergine, diced
3 Garlic cloves, crushed
140g Jackfruit, drained and shredded
200g Sharwood's Chinese Curry Cooking Sauce (0.8g protein/100g)*

METHOD

1. Add the sesame oil, red onion, pumpkin, red pepper, aubergine, garlic and jackfruit into a pan over a medium heat and fry for 10 minutes or until the pumpkin is soft.
2. Stir in the Chinese curry cooking sauce and cook for a further 10 minutes.



*Make sure you consider this in your daily protein allowance.

AUBERGINE ROGAN JOSH

INGREDIENTS

2 Garlic cloves, crushed
10g Fresh ginger, grated
10g Fresh coriander, chopped
2 tbsp Oil
1 Chilli, deseeded and finely chopped
1 Onion, peeled and chopped into 1 cm chunks
150g Aubergine, chopped into 1 cm chunks
3 Cardamom pods
1 tsp Cumin
1 tsp Garam masala
1 tsp Coriander
1 Cinnamon stick
½ tsp Black peppercorns
1 tsp Lemon juice
80g Tinned chopped tomatoes
100ml Vegetable stock

METHOD

1. Place the garlic, ginger, coriander, 1 tbsp oil and chilli into a blender and blend into a smooth paste.
2. Place a large pan over a medium heat, add the paste, onions and the aubergine and cook until the vegetables are soft and slightly golden.
3. Add the cardamom pods, cumin, garam masala, coriander, cinnamon stick and black peppercorns to the pan and cook for a further 5 minutes.
4. Add the lemon juice, the chopped tomatoes and the vegetable stock.
5. Cook on a low heat for 10 minutes or until desired consistency.
6. Take off the heat, remove the cinnamon stick and serve.

SERVING SUGGESTION

Serve with Mevalia low protein rice replacer or our Mango naans (see page 18).





RECIPE MAKES: 4 PORTIONS

PREP TIME: 5 MINUTES

COOK TIME: 5–10 MINUTES

TOP TIP: ADD MORE CHILLI FOR A SPICY KICK!

JACKFRUIT TIKKA MASALA DOSA

INGREDIENTS

90g Fate Low Protein All-Purpose Mix
150ml Sparkling water
20ml Vegetable oil (10ml for dosa and 10ml for cooking)
1g Curry powder
10g Coriander, chopped
4 tbsp Permitted mango chutney
800g Jackfruit Tikka Masala (see recipe on page 6)

METHOD

1. Mix the Fate Low Protein All-Purpose Mix, sparkling water, 10ml oil, curry powder and coriander until combined and smooth.
2. Heat 10ml oil in a pan over a medium heat and using a ladle, spoon $\frac{1}{4}$ of the mixture into the pan.
3. Cook for 1 minute or until golden on each side.
4. Fill each dosa with 1 tbsp of the mango chutney and 200g of the jackfruit tikka masala and roll.



SERVING SUGGESTION

Serve with Mevalia low protein rice replacer or low protein naan breads (see page 18).

RECIPE MAKES: 4 PORTIONS

PREP TIME: 30 MINUTES

COOK TIME: 30 MINUTES

VEGETABLE BALTI

INGREDIENTS

For the spice paste:
 $\frac{1}{2}$ tsp Mustard powder
 1 Bunch of fresh coriander leaves
 4 Dried curry leaves
 1 tsp Garam masala
 1 tsp Brown sugar
 1 tsp Dried coriander
 1 tsp Cumin
 1 tsp Cinnamon
 1 tsp Cloves
 1 tsp Turmeric
 1 Red chilli, deseeded and finely diced
 3 Garlic cloves, crushed
 4 tbsp Olive oil

To make the curry:
 1 Onion, finely diced
 1 Red pepper, diced
 100g Turnip, peeled and diced
 $\frac{1}{2}$ Aubergine, diced
 400g Tinned chopped tomatoes
 200ml Water

For this recipe you will need a food processor.

METHOD

1. Place all the spice paste ingredients into a food processor and blitz until a paste forms.
2. Transfer the paste to a saucepan, over a medium heat and cook for 2 minutes.
3. Add the onion, red pepper, turnip and aubergine to the paste and cook for a further 5 minutes or until vegetables begin to soften.
4. Pour the chopped tomatoes and water into the saucepan and allow to simmer for 20 minutes or until the fluid has reduced.





RECIPE MAKES: 2 SERVINGS

PREP TIME: 20 MINUTES

COOK TIME: 25 MINUTES

SERVING SUGGESTION

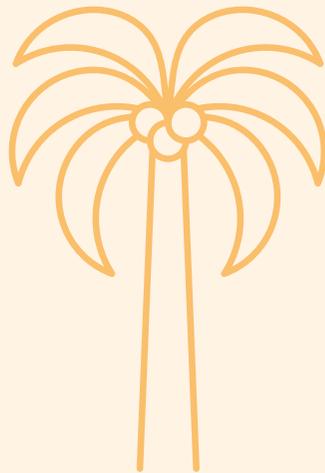
SRI LANKAN CARROT CURRY

INGREDIENTS

- 1 tsp Vegetable oil
- 8 Curry leaves
- 1 tsp Cumin
- 1 tsp Mustard powder
- 1 Red onion, finely chopped
- ½ inch Fresh ginger, peeled and finely chopped
- 3 Garlic cloves, peeled and finely chopped
- 1 Red chilli, deseeded and finely chopped
- 2 tsp Black peppercorns, crushed
- 4 Carrots, peeled and cut into 2cm chunks
- 15g Fresh coriander leaves, chopped
- Juice of ½ Fresh lemon or 1 tbsp lemon juice
- 400ml Permitted coconut milk*
- 150ml Water

METHOD

1. Heat the oil in a large frying pan.
2. Add all the ingredients except the coconut milk and water into the pan. Heat for 5 minutes, then add the coconut milk* and water.
3. Leave the mixture to simmer for about 20 minutes until reduced by half and serve.



SERVING SUGGESTION

Serve with low protein flatbread (see recipe on www.vitafriendspku.co.uk/pku/recipes) or Mevalia low protein rice replacer.

*Make sure you consider this in your daily protein allowance.



RECIPE MAKES: 2 PORTIONS

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

AUBERGINE KATSU CURRY

INGREDIENTS

- 1 tbsp Oil
- 2 Carrots, peeled and chopped
- 1 Onion, peeled and chopped
- 1 Garlic clove, minced
- 1 tbsp Curry powder
- 1 tsp Turmeric
- 95g Fate Low Protein All-Purpose Mix
- 120ml ProZero (plus 100ml if you prefer a thinner sauce)
- 50g Low protein breadcrumbs
- 1 Aubergine, sliced into rounds
- Salt and pepper to taste

You will need a deep fat fryer.

METHOD

1. Heat the oil in a pan over a medium heat and add the carrots, onions and garlic.
2. Fry for 10 minutes or until soft.
3. Add the curry powder, turmeric and 1 tbsp Fate Low Protein All-Purpose Mix and stir well.
4. Add 100ml ProZero and simmer for 15 minutes or until the vegetables are soft.
5. Add an extra 100ml ProZero if required.
6. Blend the curry sauce and sieve.
7. Heat your deep fat fryer to 180°C according to manufacturer's instructions.
8. Pour the remaining Fate Low Protein All-Purpose Mix, remaining ProZero and the breadcrumbs into separate bowls and dip each slice of aubergine into the Fate, then into the ProZero and finally cover in breadcrumbs.
9. Using a slotted spoon, place the aubergine in the deep fat fryer and fry for 5-10 minutes until golden brown.
10. Remove from the fryer using the slotted spoon and transfer to a paper towel.
11. To serve pour the curry sauce on top of the aubergine and season to taste.

SERVING SUGGESTION

Serve with Mevalia low protein rice replacer and extra permitted vegetables.



RECIPE MAKES: 4 PORTIONS

PREP TIME: 30 MINUTES

COOK TIME: 1 HOUR 30 MINUTES



CURRIED COTTAGE PIE

INGREDIENTS

3 tbsp Oil
1 Leek, sliced
1 Green pepper, diced
1 Red pepper, diced
1 Yellow pepper, diced
2 Aubergines, diced
3 Carrots, peeled and diced
2 Chillies, finely sliced
3 Cloves garlic, minced
1 tsp Garam masala
½ tsp Turmeric
2 tbsp Curry powder
½ Bunch coriander
400g Chopped tomatoes
250ml Vegetable Stock
2 Turnips, peeled and chopped
1 tbsp Curry powder
50g Butter

SERVING SUGGESTION

Serve with permitted vegetables.

METHOD

1. Place a large-based pan over medium heat and add the oil.
2. Add the leek, peppers, aubergines and carrots to the pan and cook for 10 minutes or until they are starting to soften.
3. Add the garam masala, turmeric, curry powder and coriander and cook for another minute.
4. Add the chopped tomatoes and vegetable stock and stir. Allow to simmer for 30 minutes or until all the vegetables are soft.
5. Whilst the vegetables are simmering, boil the parsnips for 20 minutes or until soft.
6. Preheat the oven to 180°C fan/200°C/ gas mark 6.
7. Drain the turnips, add the curry powder and 20g butter and mash until smooth.
8. When the curry is cooked, spoon into a casserole dish and top with the turnip mash.
9. Place the remaining butter in chunks on top of the mash.
10. Bake for 30 minutes or until bubbling.



SERVING SUGGESTION

RECIPE MAKES: 4 PAKORA

PREP TIME: 15 MINUTES

COOK TIME: 10 MINUTES

PAKORA

INGREDIENTS

100g Carrot, peeled and grated
50g Aubergine, grated
50g Mixed red and green pepper, grated
½ Handful coriander
½ Small chilli, deseeded and sliced thinly
½ tsp Turmeric
½ tsp Curry powder
1 tsp Garlic clove, crushed
1 tbsp Permitted mango chutney
100g Fate Low Protein All-Purpose Mix
75ml ProZero

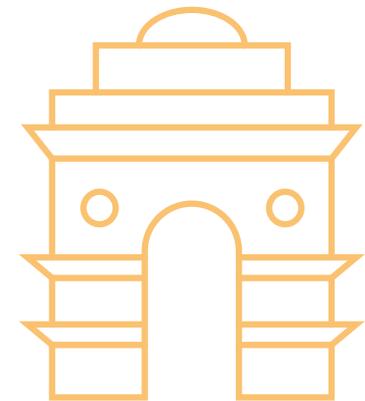
You will need a deep fat fryer.

SERVING SUGGESTION

Serve with permitted mango chutney.

METHOD

1. Pre-heat a deep fat fryer as per manufacturer's instructions to 180°C.
2. Place all ingredients in a bowl and combine.
3. Divide mixture into 4 balls.
4. Fry for 10 minutes turning regularly, with a slotted spoon.
5. Remove from the fryer using a slotted spoon and place on kitchen roll to drain off any excess oil.





RECIPE MAKES: 2 PORTIONS
(AS A MAIN), 4 PORTIONS (AS A SIDE)

PREP TIME: 20 MINUTES

COOK TIME: 25 MINUTES

VEGETABLE PILAF

INGREDIENTS

- 2 tsp Oil
- 100g Mixed peppers, chopped into ½ cm cubes
- 1 Aubergine, chopped into ½ cm cubes
- 1 Onion, peeled and diced
- 1 Garlic clove, crushed
- 10g Ginger, grated
- 4 Cardamom pods
- 1 tsp Dried coriander
- 1 tsp Turmeric
- 1 Carrot, peeled and chopped into ½ cm cubes
- 50g Green beans, chopped into thirds
- 100g Uncooked Mevalia low protein rice replacer
- 400ml Vegetable stock
- Salt and pepper to taste

SERVING SUGGESTION

Serve with a low protein curry or enjoy on its own!

METHOD

1. Heat oil in a pan over a medium heat.
2. Add the peppers, aubergine, onions and garlic and cook until soft.
3. Add the ginger, cardamom pods, coriander and turmeric and cook for a further 2 minutes.
4. Add the carrots and green beans and cook for a further 2 mins.
5. Stir in the uncooked Mevalia low protein rice replacer.
6. Add the vegetable stock, cover and simmer for 20 minutes whilst continuing to stir regularly.
7. Season to taste and serve.



RECIPE MAKES: 4 ONION BHAJIS

PREP TIME: 15 MINUTES

COOK TIME: 10 MINUTES

SERVING SUGGESTION

ONION BHAJI

INGREDIENTS

- 1 Red onion, peeled and finely sliced
- ½ Green pepper, finely sliced
- ½ Handful coriander, chopped
- ½ tsp Turmeric
- 1 tsp Curry powder
- ½ tsp Chilli powder
- ½ tsp Garam masala
- 1 tsp Garlic clove, crushed
- 100g Fate Low Protein All-Purpose Mix
- 25ml ProZero

You will need a deep fat fryer.

SERVING SUGGESTION

Serve with permitted mango chutney.

METHOD

1. Pre-heat a deep fat fryer as per manufacturer's instructions to 180°C.
2. Place all ingredients in a bowl and combine.
3. Divide mixture into 4 balls.
4. Fry balls for 10 minutes turning regularly, with a slotted spoon.
5. Remove from the fryer using a slotted spoon and place on kitchen roll to drain off excess oil.





RECIPE MAKES: 4 NAAN BREADS

PREP TIME: 20 MINUTES

COOK TIME: 15 MINUTES

MANGO NAAN

INGREDIENTS

- 180ml Warm water
- 2 tbsp Olive oil
- 4g Dried yeast
- 2 tsp Psyllium husk
- 1 tsp Sugar
- 1 tbsp Permitted mango chutney
- 10g Fresh coriander, finely chopped
- 1 tsp Garlic purée
- 1 tsp Tomato purée
- 230g Fate Low Protein All-Purpose Mix (plus extra for dusting)



METHOD

1. Mix water, 1 tbsp oil, yeast, psyllium husk, sugar, mango chutney, coriander, garlic and tomato purée in a bowl and let stand for 5 minutes until mixture thickens.
2. Place Fate Low Protein All-Purpose Mix into a separate bowl and make a small well in the middle.
3. Add psyllium husk mixture to the Fate Low Protein All-Purpose Mix and using your hands, mix until a dough is formed.
4. Knead dough for 3-5 minutes in the bowl.
5. Leave dough to rest/proof for 10 minutes and preheat the oven to 200°C/fan 180°C/gas mark 6.
6. Divide dough into four equal amounts then and shape into 6 inch breads using your hands.
7. Place breads onto a baking tray and brush with remaining oil.
8. Oven bake for 15 minutes and serve.



RECIPE MAKES: 2 PORTIONS

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

AUBERGINE STICKS

INGREDIENTS

- 1 Aubergine, cut into sticks
- 1 tsp Harissa
- 1 tsp Garlic granules
- 1 tsp Sumac
- 1 tbsp Oil
- 1 Garlic clove, crushed

METHOD

1. Preheat the oven at 180°C/fan 200°C/gas mark 6.
2. Place all the ingredients in a sandwich bag and mix by squishing it all around.
3. Leave to marinate for 10 minutes.
4. Place on a baking tray and bake for 15 minutes.





RECIPE MAKES: 4 BHAJIS

PREP TIME: 15 MINUTES

COOK TIME: 10 MINUTES

RECIPE MAKES: 1 PORTION

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

CARROT BHAJI

INGREDIENTS

125g Carrots, peeled and grated
½ Handful of fresh coriander, chopped
½ tsp Turmeric
1 tsp Curry powder
½ tsp Chilli powder
½ tsp Garam masala
1 Garlic clove, peeled and crushed
100g Fate Low Protein All-Purpose Mix
25ml ProZero

You will need a deep fat fryer.

METHOD

1. Pre-heat a deep fat fryer as per manufacturer's instructions to 180°C.
2. Place all the ingredients into a bowl and combine.
3. Divide the mixture into 4 balls.
4. Using a slotted spoon, carefully place each ball into the deep fat fryer. Fry for 10 minutes turning regularly, with the slotted spoon.
5. Remove from the fryer using the slotted spoon and place on kitchen roll to drain off the excess oil.



SERVING SUGGESTION

Serve with permitted mango chutney.

HALWA

INGREDIENTS

300g Carrots, peeled and grated
400ml ProZero
25g Butter
40g Sugar
1 tsp Ground cardamom

METHOD

1. In a saucepan over a medium heat, boil the carrots in the ProZero until ¾ of the moisture has evaporated.
2. Add the butter, sugar and cardamom and cook for a further 10 minutes or until most of the liquid is gone.



