

FORTISIP

'BISTRO' RECIPES



MACARONI CHEESE WITH BACON, SALMON FILLETS WITH WATERCRESS, CARROT AND ORANGE SOUP

MACARONI CHEESE WITH BACON

A quick, easy twist to a traditional dish with a sauce made using crème fraîche and cream cheese. Use lean, lightly smoked bacon for the topping and full flavoured mature cheddar cheese.

INGREDIENTS (FOR 4 SERVINGS)

150g/5oz macaroni, cooked and drained
75g/2½oz cream cheese
110g/4oz crème fraîche
1 x tsp dried English mustard powder
Pinch salt and ground black pepper
25g/1oz cornflour blended with 2 x tbsp
Neutral Fortisip (taken from below)
1 carton Neutral Fortisip
50g/2oz parmesan cheese, grated
50g/2oz grated, mature cheddar cheese
4 rashers (175g) smoked back bacon, cut into fine strips

METHOD

1. Place cream cheese, crème fraîche and mustard powder in a medium sized pan with salt and pepper. Gently warm until simmering.
2. Add blended cornflour and Neutral Fortisip, stir continuously until mixture thickens.
3. Remove from heat, stir in Parmesan and half of the grated cheddar cheese.
4. Combine with cooked macaroni and place into a shallow ovenproof dish.
5. Top with the remaining cheese and bacon strips.
6. Grill until top is golden and bacon crisp.

594kcal and 21.2g protein per serving.

SALMON FILLETS WITH WATERCRESS SAUCE

A light and easy meal to prepare. This sauce is also excellent with thin chicken fillets.

INGREDIENTS (FOR 2 SERVINGS)

2 medium size salmon fillets
1 lemon, juice of
Pinch ground black pepper
200ml/7fl oz crème fraîche
85g/3oz watercress
1 vegetable stock cube
1 x tbsp cornflour
1 carton Neutral Fortisip
Watercress sprig and lime slices to garnish

METHOD

1. Wrap salmon fillets loosely in lightly oiled baking foil. Season with lemon juice and black pepper. Oven bake at 190°C/375°F/Gas Mark 5 for 10 to 12 minutes until lightly cooked.
2. To prepare watercress sauce, gently simmer crème fraîche and watercress mixture together with the stock cube for two to three minutes.
3. Blend cornflour with a little Neutral Fortisip, to make a smooth paste. Blend in remaining Fortisip, then add to watercress mixture.
4. Bring to simmering point, stir constantly until thickened. Remove immediately from heat.
5. Place salmon fillets onto a serving plate and pour over watercress sauce. To serve, garnish with sprigs of watercress and lime.

776kcal and 31.8g protein per serving.

CARROT AND ORANGE SOUP

A classic, creamy soup. Serve with a chunk of fresh bread to make a complete meal.

INGREDIENTS (FOR 2 SERVINGS)

350g/12oz carrots, diced
250g/9oz potatoes, peeled and diced
2 x tbsp mild and light olive oil for frying
1 vegetable stock cube
300ml/½ pint water
300ml/½ pint whole milk
1 carton Orange Fortisip
2 x tbsp fresh chopped parsley

METHOD

1. Gently fry carrots and potatoes in olive oil for five minutes and then add stock cube and water.
2. Bring to a gentle simmer, cover and cook until vegetables are soft.
3. Add milk and Orange Fortisip. Heat gently but do not boil.
4. Add parsley, lightly purée and serve.

556kcal and 15.6g protein per serving.

