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Low residue diet recipe ideas - Cooked meals

(To be used in conjunction with low residue diet sheet or ileostomy/colostomy diet sheets)

Your doctor or dietitian may ask you to follow a low residue diet for several reasons. Often, individuals feel that meal options are significantly reduced however there are many common family/mid-week meals that can be enjoyed with some ingredient swaps!

Breakfast ideas

- **Continental**

Low fibre cereal of your choice/ Porridge oats

Pastry of your choice

Yoghurt of your choice

Ensure no seeds or rind of fruit included.

- **Full English**

Toast – made from White flour

Eggs of your choice – poached, fried or scrambled etc.

Bacon rashers/ Sausages

Hash browns

- **French Toast / eggy bread (for 2)**

3x Eggs

2tbsp milk

4x slices of Brioche bread / White bread

1tsp olive oil

½ tsp vanilla essence (optional)

Toppings:

Honey/ golden syrup

Sliced low residue fruits e.g banana, pineapple, mango, ripe pears, peaches

Ensure fruits have no skin or seeds/ pips

Method

1. Whisk the 2x eggs and add in the milk

2. Soak both bread slices in the egg mixture – ensure both sides coated

3. Heat frying pan with 1 tsp of olive oil, place slices of bread in frying pan.

4. Turn to medium heat and fry both sides of bread for 5-10min each till golden brown

5. Add toppings of your choice.

Lunch ideas

○ **Carrot and coriander soup (For 4):**

½ tablespoon of olive oil
3 large carrots, peeled and roughly chopped
450ml vegetable stock
2 tablespoon dried Coriander

Method:

1. Combine all ingredients in a saucepan and bring to the boil.
2. Once brought to the boil, turn the heat down and place the lid on the pan and simmer for 20 minutes.
3. Leave to cool. Once cooled, you may wish to blend the soup into a smooth soup if you have a hand blender or food processor.

○ **Spicy butternut squash soup (for 4)**

1 medium butternut squash peeled and cubed
2 carrots peeled and chopped
1 large potato peeled and cubed
½ teaspoon of chilli powder
½ teaspoon of paprika
2 pints of vegetable/chicken stock
2 tablespoons of vegetable oil

Method:

1. Add the oil and spices to a large heated saucepan for 30 seconds
2. Add the remaining ingredients apart from the stock
3. Saute the vegetables until coated in the spices
4. Add the stock and leave the soup to simmer for 45 minutes
5. Allow the soup to cool, then blend with a hand blender until smooth
6. **Tip:** if the soup is too thick, then you may wish to add a little more stock to get it to your desired consistency- do this gradually so as to not add too much.

○ **Jacket potato (one per person):**

1 large baking potato
1 tbsp Butter
Filling of your choice (e.g. tuna mayo, plain cheddar/cottage cheese, meat, chilli without kidney beans, curry)

Method:

1. Use a fork to pierce the potatoes.
2. Either place in a microwave for 25 minutes.
3. **OR** coat potato in butter then wrap the potato in foil and place in an oven for 1 hour.
4. Slice the potato in half and mash the inside potato with a fork and some butter.
5. Add the filling of your choice.

Remember; do not eat the potato skin.

Evening Meal ideas

- **Tomato-based sauce for chilli, spaghetti bolognese, lasagne, pasta (for 4 people):**

400g passata

¼ pint of stock (beef/chicken/vegetable)

1 tablespoon tomato puree

Italian herbs / Chilli powder

2 Cloves of Garlic – use flat side of knife to press and flatten garlic

Method:

1. Fry garlic in tsp of oil, add the passata, stock, tomato puree straight into a saucepan and bring to the boil on the hob. Add more water if too thick.
2. Depending on the type of meal that you would like, add the most appropriate seasoning
e.g.
Chilli: chilli powder, cumin and paprika
Spaghetti bolognese: oregano/ Italian herbs/ Worcestershire sauce
Pasta bake: paprika/ Italian herbs
Seafood pasta: paprika/ lemon
3. Once seasoned taste remove garlic cloves.

Tip: if you do not wish to use all of the sauce, you could freeze some and use it for another mealtime

Then, choose your filling:

- If you are making a spaghetti Bolognese/ lasagne/ chilli, add 450g of cooked mince/meat free alternative.
- If you are making a seafood pasta, you may wish to add 240g mixed seafood/prawns.
- If you are making a pasta sauce then you may wish to add a grilled chicken breast.

Remember, if you are adding vegetables of your choice- these must be peeled, root vegetables e.g. carrot, butternut squash, sweet potato, swede, pumpkin, turnip, courgette, aubergine (both peeled and deseeded)

4. Allow the dish to simmer for around 20-30 minutes until the vegetables are cooked

Remember, if you wish to serve with pasta or rice then ensure that this is a white variety

○ **Pizza (For 2 people):**

200g white self-raising flour
180ml milk
Tomato puree/barbeque sauce/tomato ketchup
Any meat/fish/eggs/cheese

Method:

1. Firstly, heat the oven to 200C/180C fan/ Gas mark 6
2. Add the flour and milk to a bowl and combine with a wooden spoon until a dough forms.

Tip: If the dough is too wet or sticky then you may need to add more flour. If it is too dry then you may need to add more milk

- 1) On a floured surface, knead the dough for about 2 minutes. Then, roll with a rolling pin or shape the dough as desired and place the dough onto a greaseproof baking tray.
- 2) Spread your chosen sauce and add your toppings to the dough. This may be a tomato puree base, with meat and cheese on top.
- 3) Bake in the oven for around 15 minutes or until golden brown and serve.

○ **Quick stews/casserole (For 4):**

2 tablespoons of tomato purée
2 stock cubes/1 stock pot (type dependant on meat choice), crumbled in 600ml water
1 teaspoon of dried thyme
Peeled, chopped carrots/ swede and turnip/ potato/ sweet potato/ parsnips
Meat/ alternative of your choice

Method:

1. Heat the oven to 200C/180C fan.
2. Brown your choice of meat in a frying pan in oil/butter on all sides then remove from the pan.
3. Add the carrots, potatoes, 1 teaspoon of dried thyme into a casserole dish with 1 teaspoon of oil. Soften for 10 minutes
4. Return the meat of your choice into the pan and add the stock and tomato puree.

Tip: you may wish to season your stew with salt and pepper/ Worcestershire sauce (2 tablespoons)/ paprika/ hot sauce.

5. Bring to the boil then bake in the oven for 20 minutes or alternatively replace the lid and allow to simmer for 20 minutes until heated through and the vegetables are softened.

○ **Tomato-based curry sauce (For 4):**

400g tomato passata
1-2 teaspoons curry powder
Peeled, chopped potato/sweet potato
Meat/fish of your choice, avoid tougher meats

Method:

1. Brown your choice of meat in a frying pan in oil/butter on all sides
2. Add the passata and curry powder

Tip: you may wish to add more or less curry powder depending on your own preferences and taste

3. Add the browned meat and your choice of root vegetables
4. Leave to simmer with the lid on until the meat is cooked through and the vegetables softened

Remember, if you wish to serve this with naan bread, ensure that it contains no nuts, seeds, dried fruit, and is of the white variety.

○ **Creamy pasta/ chicken sauce (For 4):**

50g butter
600ml milk
3 handfuls of plain grated cheddar cheese
(2 tablespoons of mustard- if you wish)
Black pepper
400g cooked white pasta
Cooked meat/fish of your choice

Method

1. Melt the butter in a small pan on the hob
2. Once melted, add the cheese and milk and bring to the boil.
3. This sauce can then be added to cooked pasta and could be further baked in the oven

Tip: If using for a pasta bake, try baking with white breadcrumbs on top to make a delicious crust

○ **Chicken Risotto**

500g chicken (cubed)
85g smoked bacon lardons
300g Risotto rice
1x clove of garlic (crushed/ chopped finely)
Vegetables (peeled, deseeded and chopped) 2x carrots/ 1x courgette/ 1x aubergine
Vegetable stock cube

1. Fry chicken, bacon and garlic with 1tsp olive oil, then add choice of vegetables.
2. Once cooked thoroughly, add risotto rice and vegetable stock cube with 500ml boiling water, leave to simmer 20-30 minutes
3. Stirring occasionally till creamy (like thick rice pudding). Then Serve.

○ **Shepherd's pie/ cottage pie (for 4)**

- 1tsp sunflower/ olive oil
- 2-3 medium, peeled chopped carrots
- 500g lamb (shepherd's pie) /beef mince (cottage pie)
- 500ml beef stock (shepherd's pie)/ 1 beef stock cube (cottage pie)
- 2tbsp tomato puree (shepherd's pie)/ 400g passata (cottage pie)
- 450g peeled potatoes
- 50g butter
- 3 tbsp milk
- 1 tsp cumin (optional)

Method:

1. Preheat the oven to 200C/180 fan/Gas mark 6
2. Peel and chop the potatoes into small chunks, place in a saucepan on the hob and add water until covered. Bring to the boil.
3. Once softened (you can test this by prodding with a fork), drain the water from the potatoes in a colander and place back in the saucepan pan.
4. Mash the potatoes with a fork/ masher with the butter and milk (adding more or less to your own taste) until there are no chunks of potato and place to one side
5. Meanwhile, heat the oil in a frying pan and soften the carrots- you may wish to add ½ tsp of onion granules (or to taste) at this point
6. Once softened, add the mince and allow to brown in the pan
7. Add the tomato puree and 500ml stock for shepherd's pie OR crumble in 1 beef stock cube and passata for cottage pie. Stir the mixture together, bring to the boil then reduce the heat and allow to simmer for ten minutes
8. Place the mince into an oven proof dish and level off with a spoon. Add a layer of the mash potato on top and fluff with a fork

Tip: you may wish to add some plain cheddar cheese grated onto the top to make a cheesy topping

9. Bake in the oven for 20-30 minutes until bubbling and/or golden brown

Name of Dietitian.....

Contact number.....



If you require a special edition of this leaflet

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