



COMPLETE, BALANCED NUTRITION
Ensure®

NEUTRAL RECIPE BOOK

Abbott Nutrition would like to
thank Accredited Practising
Dietitian Joel Feren for his help in
preparing the recipes in this book.

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THE ADVANTAGES OF FORTIFYING FOOD

As we get older, our nutritional needs change. While requirements for certain nutrients reduces with age, requirements for other essential nutrients actually rises. Changes in lifestyle, appetite and taste buds can all make it more challenging for you to get the nutrition you need from your usual diet. Illness or chronic conditions can further contribute to the problem.

It's important to use every meal and snack as an opportunity to maximise your nutrition. You can do this by using a wide variety of nutrient-rich ingredients in every meal. You can also get a helping hand by enriching meals with a complete, balanced oral nutritional supplement such as Ensure® Neutral. Fortifying a meal with Ensure® is a quick and simple way to boost its nutritional value and make sure you get the

essential nutrients you need to stay healthy or recover from illness.

In this booklet we offer you six tried and tested recipes, developed with the guidance of an Accredited Practicing Dietitian. These are delicious and diverse recipes with the added nutritional boost of Ensure® Neutral, to help you make the most of every meal, be it sweet or savoury.

We hope you will enjoy trying these delicious and nourishing recipes.

ENSURE® NEUTRAL. FOR COMPLETE NUTRITIONAL SUPPORT AND TASTE FLEXIBILITY¹

- 27 essential vitamins and minerals plus Choline, essential to support brain, muscle and liver function^{1,2}
- Calcium to support healthy bone structure¹
- Vitamin D and protein to support normal muscle function^{1,2}
- Antioxidants to support immune health¹
- Suitable for people with special dietary needs¹ and fibre-free, low lactose*, low gluten[†] and low in FODMAPs[‡]
- Kosher and Halal certified

*Low lactose - no more than 2g per 100g (FSANZ).

†Low gluten - less than 20mg per 100g (FSANZ).

‡Low in FODMAPs based on ingredients.

Please note that when cooking with or freezing Ensure® Neutral, there may be minor loss of some nutrients.

Ensure Neutral is Food for Special Medical Purposes. Use under medical supervision.

FODMAPs: Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols.

References: 1. Ensure® Neutral Powder Product Label P327. 2. Nutrient Reference Values for Australia and New Zealand. Canberra: National Health and Medical Research Council. (2006).

COMPLETE, BALANCED NUTRITION
Ensure®



Abbott



RED CURRY BEEF

- 4 SCOOPS ENSURE® NEUTRAL POWDER
- 500G BEEF STRIPS
- 1 BROWN ONION, SLICED
- 1 GARLIC CLOVE, FINELY CHOPPED
- 1 RED CAPSICUM, DICED
- 1 HEAD BROCCOLI, CUT INTO SMALL FLORETS
- 1 CARROT, PEELED, THINLY CUT INTO HALF MOONS
- 100G GREEN BEANS, HALVED
- 100G SNOW PEAS, TRIMMED, HALVED
- 1 ZUCCHINI, THINLY CUT INTO HALF MOONS
- 2 TBSP RED CURRY PASTE
- 400ML COCONUT MILK
- 2 TBSP PEANUT OIL
- JUICE FROM 1 LIME

- ½ TBSP BROWN SUGAR
- 2 TSP FISH SAUCE
- ½ CUP WATER
- FINELY CHOPPED FRESH CORIANDER TO GARNISH

METHOD

Heat half the oil in a wok over a high heat. Sear beef for 1-2 minutes or until just browned. Transfer to a plate.

Heat remaining oil in the same wok over a medium-high heat. Add onion and garlic and cook for 1 minute.

Add other vegetables and cook for 5 minutes, stirring, or until vegetables soften.

Add curry paste and cook for 1 minute.

Whisk together Ensure Neutral powder and coconut milk and combine well.

Add coconut milk, water, lime juice, sugar and fish sauce and simmer for 10 minutes.

Return beef strips to wok and cook for 2 minutes to warm through.

Serve with basmati rice and lime wedges and garnish with coriander.

Serves 4

NUTRITION CONTENT PER SERVE

Energy (kJ) 2359
Protein (g) 36.4
Fat (g) 36.5
Saturated Fat (g) 24.1
Carbohydrate (g) 21.5
Sugars (g) 14.6
Fibre (g) 7.7
Sodium (mg) 716





LENTIL DHAL

- ½ CUP ENSURE® NEUTRAL POWDER
- 1 CUP SPLIT RED LENTILS, RINSED
- 2 BAY LEAVES
- 1 CINNAMON STICK
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 1 ONION, DICED
- 2 GARLIC CLOVES, CRUSHED
- 1 TBSP FRESH GINGER, FINELY CHOPPED
- ½ TSP TURMERIC
- 1 TSP GROUND CUMIN
- ½ TSP GARAM MASALA
- ½ TSP CHILLI FLAKES - OPTIONAL
- JUICE FROM ½ LEMON
- 1 TBSP CHOPPED FRESH CORIANDER
- PINCH OF SALT
- 1 TBSP BUTTER

METHOD

Place lentils, bay leaves and cinnamon in a saucepan with 2½ cups of cold water. Bring to the boil; reduce the heat to simmer, stirring regularly to prevent sticking for 10-12 minutes. Discard cinnamon and bay leaves and set cooked lentils aside.

Heat oil in a frying pan over a medium-high heat. Add the onion and ginger and cook for 2 minutes. Stir in the garlic, spices and chilli flakes and cook for a further minute or until fragrant. Stir in the lemon juice, add salt and mix well.

Add lentils to the pan and combine well. Cook for 2 minutes until heated through. Remove from the heat and stir through Ensure powder, butter and coriander.

Serve with naan bread.

Serves 4



NUTRITION CONTENT PER SERVE

- Energy (kJ) 1266
- Protein (g) 14.1
- Fat (g) 9.4
- Saturated Fat (g) 2.7
- Carbohydrate (g) 39.5
- Sugars (g) 5.8
- Fibre (g) 3.1
- Sodium (mg) 103



PESTO CHICKEN PASTA

- ½ CUP ENSURE® NEUTRAL POWDER
- 2 CUPS SPINACH, WASHED AND DRIED
- 1 BUNCH OF BASIL
- ½ CUP EXTRA VIRGIN OLIVE OIL
- ZEST FROM 1 LEMON
- JUICE FROM 2 LEMONS
- ½ CUP PINE NUTS
- 2 GARLIC CLOVES
- ¼ CUP PARMESAN CHEESE, GRATED
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 500G CHICKEN BREAST, CUT INTO STRIPS
- 200G DRIED PASTA
- SALT AND PEPPER TO TASTE

METHOD

Cook pasta al dente as per instructions on the packet.

Lightly toast pine nuts in a pan on a low heat for 2-3 minutes.

In a food processor add spinach, Ensure Neutral powder, basil, pine nuts, garlic, lemon zest and juice, extra virgin olive oil and parmesan cheese and blitz until smooth. Set aside.

Heat oil in a frying pan on a medium heat. Add chicken strips and cook for 5 minutes or until cooked through.

Return the pasta to a pot along with pesto and chicken and gently heat through. Season to taste.

Serve with a Greek salad.

Serves 4



NUTRITION CONTENT PER SERVE

Energy (kJ) 3837
Protein (g) 53.5
Fat (g) 55.8
Saturated Fat (g) 9.1
Carbohydrate (g) 49.6
Sugars (g) 6.1
Fibre (g) 2.9
Sodium (mg) 315



SPANAKOPITA

- 5 SCOOPS ENSURE® NEUTRAL POWDER
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 1 ONION, FINELY DICED
- 2 SPRING ONIONS, CHOPPED
- 1 GARLIC CLOVE, FINELY CHOPPED
- 300G FROZEN SPINACH, THAWED, DRAIN EXCESS WATER
- ½ TBSP CHOPPED DILL
- 200G CRUMBLED FETA CHEESE
- 100G RICOTTA CHEESE
- 1 TBSP GRATED PARMESAN CHEESE
- 2 EGGS, LIGHTLY BEATEN
- ¼ TSP NUTMEG

METHOD

Heat oil in a frying pan over a medium-high heat. Add onion, garlic and spring onions and cook for 1 minute, or until softened. Remove from heat and transfer to a bowl.

Combine cheeses, spinach, dill, eggs, nutmeg, lemon zest and Ensure Neutral powder in a mixing bowl. Stir through cooled onion and garlic mixture. Season with salt and pepper.

Preheat oven to 180°C. Grease baking dish with spray oil. Place one sheet of filo on base and sides and brush with butter. Repeat with 5 more sheets of pastry. Spread cheese mixture evenly over sheets of pastry. Cover with remaining filo, brushing each sheet with butter. Trim any excess pastry and brush top with remaining butter.

Bake for 35 minutes or until golden. Allow to rest for 10 minutes prior to serving.

Serve with a garden salad.

Serves 4



- 1 TSP LEMON ZEST
- 6 SHEETS OF FILO PASTRY, HALVED
- 60G BUTTER, MELTED
- SALT AND PEPPER TO TASTE

NUTRITION CONTENT PER SERVE

- Energy (kJ) 261
- Protein (g) 23.7
- Fat (g) 35.1
- Saturated Fat (g) 17.8
- Carbohydrate (g) 52.3
- Sugars (g) 7.7
- Fibre (g) 3.2
- Sodium (mg) 897



LAMB MEATBALLS

- 4 SCOOPS ENSURE® NEUTRAL POWDER
- 500G LAMB MINCE
- 1 BROWN ONION, FINELY DICED
- 1 TSP DRIED OREGANO
- 1 GARLIC CLOVE, CRUSHED
- 2 TSP GROUND CUMIN
- 2 TBSP CHOPPED FRESH PARSLEY
- ¼ CUP BREADCRUMBS
- 1 EGG, LIGHTLY BEATEN
- 2 TBSP EXTRA VIRGIN OLIVE OIL
- SALT AND PEPPER TO TASTE

METHOD

Add the mince, Ensure Neutral powder, onion, garlic, herbs and spices, breadcrumbs and egg into a mixing bowl and combine well. Season with salt and pepper.

Roll the mixture into balls, 2 inches in diameter. Transfer to prepared tray and place in fridge for 30 minutes to chill.

Heat 1 tablespoon of oil at a time in a large non-stick frying pan over medium-high heat. Add the meatballs in batches and fry for 5 minutes, turning occasionally, until browned and crisp on all sides.

Serve with pita bread, prepared salad vegetables, lemon wedges and tzatziki.
Makes 12 meatballs



NUTRITION CONTENT PER SERVE

- Energy (kJ) 1541
- Protein (g) 26.8
- Fat (g) 22.2
- Saturated Fat (g) 11
- Carbohydrate (g) 13.9
- Sugars (g) 4.5
- Fibre (g) 1
- Sodium (mg) 158



ASIAN-STYLE OMELETTE

- 2 SCOOPS ENSURE® NEUTRAL POWDER
- 2 TBSP PEANUT OIL
- 4 EGGS, LIGHTLY BEATEN
- ½ LONG CHILLI, DESEEDED, FINELY CHOPPED
- 2 SPRING ONIONS, THINLY SLICED
- 1 GARLIC CLOVE, FINELY CHOPPED
- 1 TBSP GINGER, FINELY CHOPPED
- 150G MIXED MUSHROOMS, SLICED
- PINCH OF CHINESE FIVE SPICE
- 2 LEAVES BOK CHOY, FINELY SLICED
- ½ TBSP SALT REDUCED SOY SAUCE
- SESAME SEEDS TO GARNISH

METHOD

Add half the oil to a frying pan and heat over a medium heat. Add the spring onions, chilli, garlic and ginger and cook for 1 minute.

Add mushrooms, bok choy and Chinese five spice to the pan and cook for 2-3 minutes or until mushrooms are soft and tender. Transfer mixture to a plate.

Whisk Ensure Neutral powder in 2 tablespoons of water and combine with lightly beaten eggs.

Heat remaining oil in the same pan and pour in egg mixture. Swirl to cover the base evenly. Cook for 30 seconds or until base is set. Return mushroom mixture to one half of the pan. Fold omelette in half and cook for 30 seconds. Flip omelette and cook for a further 30 seconds or until lightly golden.

Serve on brown rice and top with soy sauce and pea sprouts. Garnish with sesame seeds.

Serves 2



NUTRITION CONTENT PER SERVE

- Energy (kJ) 1485
- Protein (g) 17.5
- Fat (g) 26.9
- Saturated Fat (g) 5.9
- Carbohydrate (g) 10.3
- Sugars (g) 5.5
- Fibre (g) 1.4
- Sodium (mg) 312

NOTES

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