

FODMAPPED

for you!



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FRIENDLY DEDICATED BRAND

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OR GARLIC



DELICIOUS FODMAPPED RECIPES



BUTTERFLY BBQ CHICKEN

INGREDIENTS serves 6

- 1 sachet (200g) FODMAPPED Butter Chicken Curry Simmer Sauce
- 1.2-1.5kg free range chicken, butterflied
- Zest & juice of 1 lemon
- 1/4 cup lactose free yoghurt

Salad

Baby spinach leaves, tomatoes, cucumber, mint leaves, chopped toasted almonds

Dressing

- 1/2 cup lactose free yoghurt
- Juice of 1 lemon
- 1 tbsp apple cider vinegar
- 2 tbsp mint leaves, finely sliced

METHOD

1. Preheat covered BBQ or oven to 170C.
2. Combine the FODMAPPED Butter Chicken Curry Simmer Sauce, lemon juice and zest with the lactose free yoghurt and mix well.
3. Place the butterflied chicken into a large zip lock bag and pour over the combined marinade. Reseal and marinate chicken for up to 24 hours, in the refrigerator.
4. Place chicken into an ovenproof dish and roast or BBQ for 1 hour and a quarter, or until juices run clear when tested with a skewer.
5. To make the dressing combine yoghurt, lemon juice, vinegar and mint leaves and mix well.

Serve: Place roasted chicken on a large chopping board and serve chicken sliced or in portions with spinach salad and dress generously.

NOTES

Chicken thighs may be used in place of whole butterflied chicken.





PUMPKIN ARANCINI BALLS

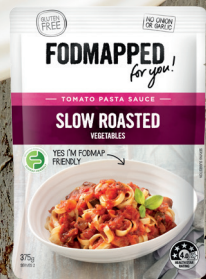
INGREDIENTS serves 8 large or 16 small

- 1 tbsp olive oil
 - 1 1/4 cups Arborio rice
 - 1 sachet (500mL) FODMAPPED Chicken Slow Cooked Stock
 - 1 sachet (500g) FODMAPPED Roast Pumpkin + a Hint of Sage Soup
 - 2 tbsp parsley, finely chopped
 - 1/4 tsp freshly cracked black pepper
 - 1 cup lactose free cheese, grated
 - 1/2 cup gluten free basil pesto
 - 2 eggs, beaten
 - 1 cup water
 - 4 slices gluten free bread, crumbed
 - Oil for frying
- To serve: FODMAPPED Slow Roasted Vegetable Tomato Pasta Sauce, fresh basil, extra basil pesto.

METHOD

1. Heat the oil in a large saucepan over a medium heat and add the rice, toasting lightly for 2 minutes.
2. Add in FODMAPPED Chicken Slow Cooked Stock and FODMAPPED Roast Pumpkin + a Hint of Sage Soup, parsley and black pepper.
3. Stir over a medium heat until liquid boils. Reduce heat, cover and simmer, stirring frequently until rice is al dente. Remove from heat.
4. Add the grated cheese and combine well, then allow the finished risotto to cool completely.
5. When the risotto is cold, shape mixture into 1/2 cup sized balls, using your thumb make an indentation in the centre of each one.
6. Fill the indentation with pesto mixture and re-roll to enclose filling.
7. In a shallow bowl combine the egg and water and mix with a fork. Using one hand, dip each rice ball into the egg mixture coating completely. Remove the ball and allow the excess egg mixture to drain back into the bowl.
8. Roll each ball in the gluten free breadcrumbs. Repeat until all rice balls are coated. Refrigerate until required.
9. Heat oil for frying in a large pan over a medium heat, to 170C. Carefully fry Arancini Balls in batches, not overcrowding the pan, until golden brown. Remove from pan and drain excess oil on absorbent paper.

To Serve: Place Arancini Balls on a bed of warmed FODMAPPED Slow Roasted Vegetables Tomato Pasta Sauce and garnish with basil leaves and extra dollops of pesto.



SLOW COOKED CHICKEN CACCIATORE WITH OLIVES & CORN COUS COUS

INGREDIENTS serves 6

- 1 tbsp olive oil
- 800g chicken thigh fillets, halved
- 1 sachet (375g) FODMAPPED Red Wine + Italian Herbs Tomato Pasta Sauce
- 1/2 cup stuffed green olives or kalamata olives
- 1 small red capsicum, sliced
- 1 1/2 cups dry corn cous cous
- 1 tsp olive oil
- Zest of 1 lemon
- 1 cup boiling water
- 2 tbsp fresh basil, finely chopped
- Basil leaves to garnish

METHOD

1. Heat oil in a heavy based ovenproof pan over a medium heat and brown chicken thigh fillets on both sides.
2. Add the capsicum and stir-fry for 2 minutes.
3. Add the FODMAPPED Red Wine + Italian Herbs Tomato Pasta Sauce and olives, cook stirring until sauce begins to boil.
4. Reduce heat and simmer over a low heat 45- 50 minutes until the meat is tender.
5. Place the corn cous cous, olive oil, lemon zest and boiling water into a bowl and mix well. Cover with a tight-fitting plate or cling wrap and allow to rest for 10 minutes. After that time, once cooked, add sliced basil leaves and fluff with a fork.
6. Serve Chicken Cacciatore with the cous cous and garnish with basil leaves.

NOTES

Corn cous cous maybe replaced with rice, potatoes or gluten free pasta or gluten free COUS COUS.





GREEN CURRY MARINATED SALMON WITH RED GRAPEFRUIT & PAW PAW SALAD

INGREDIENTS serves 2-3

- 2-3 salmon fillets
- 1 sachet (200g) FODMAPPED Green Curry Simmer Sauce
- Juice of 1 lime
- 60mL coconut milk

Salad

- 300g green paw paw, shredded
- 1 ruby red grapefruit, segmented
- 1/2 bunch mint leaves
- 1 carrot, grated
- 1/2 bunch coriander leaves
- 1 long red chilli, finely sliced

Dressing

- 2 tbsp fish sauce
- 1 tbsp mirin vinegar
- 1/4 cup coconut water
- 2 tsp sesame oil



METHOD

1. Preheat griddle pan for 2 minutes on a medium heat.
2. Place the salmon fillets into a large snap lock bag with half the FODMAPPED Green Curry Simmer Sauce, coconut milk and lime juice. Shake to combine and allow to marinate in the fridge for up to 4 hours.
3. Combine all the salad ingredients in a large bowl and toss well. Set aside until required.
4. To make the dressing, whisk together the remaining FODMAPPED Green Curry Simmer Sauce, fish sauce, mirin vinegar, coconut water and sesame oil. Set aside until required.
5. Remove the salmon from the marinade and allow excess marinade to drain off. Cook the salmon fillets on the griddle pan for 3-4 minutes each side until cooked the way you like it.

To Serve: Dress the salad and arrange evenly onto individual serving plates, top with the cooked salmon and garnish with coriander leaves and lime wedges.

NOTES

Salmon may be replaced with another thick fleshed fish or chicken fillets.



RED CURRY BARRAMUNDI WITH SCENTED BROWN RICE

INGREDIENTS serves 4

- 2 x 200g barramundi fillets, cut into portions
- 4 tbs arrowroot or rice flour
- 1/2 tsp sea salt
- 1 tsp coarse black pepper
- 1/2 tsp crushed dried chilli flakes
- Oil to shallow fry
- 1 sachet (200g) FODMAPPED Red Curry Simmer Sauce
- 150g carrot, peeled & sliced thickly
- 130g green beans, topped & tailed
- 2 cups cooked brown rice
- 3 tbs mint leaves, shredded
- Zest & juice of 1 lime

METHOD

1. Place the flour, salt, pepper and chilli flakes into a large plastic bag. Shake to combine.
2. Add the fish pieces to the bag and shake well to coat.
3. Heat oil in a wok or deep-sided frying pan over a medium heat for 3-4 minutes.
4. Place fish pieces in pan and fry for 3-4 minutes until fish is golden and crisp, drain on paper towel. Keep warm.
5. Pour off excess oil and return the pan to the heat. Stir-fry the carrot and green beans for 2 minutes.
6. Stir in the FODMAPPED Red Curry Simmer Sauce and stir-fry for 4 minutes.
7. Add the cooked fish pieces to the red curry just prior to serving.
8. In a separate bowl combine the cooked brown rice with the mint leaves and lemon juice.

To Serve: Spoon some of the brown rice on each serving plate, top with the curry and vegetables. Garnish with mint and lime wedges

NOTES

White fish may be replaced with salmon, chicken or pork.





ROSEMARY POTATO BAKE

INGREDIENTS serves 4

- 1kg low GI potatoes, washed
- 1 bunch chives, finely chopped
- 500mL FODMAPPED Chicken Slow Cooked Stock
- Salt & pepper to taste
- 3 sprigs fresh rosemary leaves
- 1 cup lactose free Tasty cheese, grated

METHOD

1. Preheat oven to 180C.
2. Wash potatoes and slice thinly.
3. In an ovenproof baking dish layer the potatoes, alternating with chopped chives, salt & pepper and rosemary leaves, finishing with a layer of potatoes.
4. Carefully pour over the FODMAPPED Chicken Slow Cooked Stock, and cover with a layer of baking paper and foil.
5. Bake in the preheated oven for about 45 minutes.
6. Remove potatoes from the oven and sprinkle with the lactose free cheese, then return to the oven and bake uncovered for a further 15 minutes until potatoes are golden.
7. Serve hot as an accompaniment to your favourite meal.

NOTES

Potatoes may be alternately layered with pumpkin, sweet potato or parsnip.





SAVOURY PUMPKIN MUFFINS

INGREDIENTS serves 12

- 1 cup (250mL) FODMAPPED Roasted Pumpkin + a Hint of Sage Soup
- 3 cups gluten free self-raising flour
- 1/2 tsp celery salt
- 1 tsp gluten free baking powder
- 1/2 tsp smoked paprika
- 1/2 cup stuffed green green olives, chopped
- 2 eggs
- 2 tbsp olive oil
- 1 - 1 1/2 cups sparkling mineral water
- Dried polenta to line tin
- Sunflower seeds to garnish

METHOD

1. Preheat oven to 170C.
2. Grease muffin tins and sprinkle lightly with dried polenta to coat all sides.
3. In a large mixing bowl combine the flour, celery salt, baking powder, smoked paprika and olives. Mix well.
4. In a jug whisk together the eggs, olive oil and FODMAPPED Roasted Pumpkin + a Hint of Sage Soup until well combined.
5. Make a well in the centre of the dry ingredients and pour in the pumpkin soup mixture. Combine, gradually adding the mineral water until mixture is a soft dropping consistency.
6. Spoon the mixture into the prepared muffins tins, filling about three quarters full. Sprinkle surface with sunflower seeds.
7. Bake muffins for 18-20 minutes until lightly golden.
8. Cool on a wire rack and serve warm with soup or salad.

NOTES

Muffins are delicious spread with lactose free cream cheese.

Stuffed olives maybe replaced with chopped semi-dried tomatoes, cubed chorizo sausage or goats cheese.





MARINATED BBQ PRAWN KEBABS see Front Cover

INGREDIENTS makes 6 kebabs

- 18 large prawn cutlets
- 1 sachet (200g) FODMAPPED Sweet Chilli, Basil & Lemongrass Stir Fry Simmer Sauce
- Zest & juice of 1 lime
- 1 tsp sesame oil
- 1 tbsp gluten free soy sauce
- 6 bamboo skewers, soaked in water
- Kaffir lime leaves, sliced & Nigella seeds for garnish



METHOD

1. Preheat griddle pan or BBQ to a medium heat.
2. In a medium non-metallic bowl combine half the FODMAPPED Sweet Chilli, Basil + Lemongrass Stir Fry Simmer Sauce, lime juice and zest, sesame oil and soy sauce. Whisk well.
3. Add the prawns and marinate for up to 4 hours, or a minimum of 40 minutes.
4. Thread 3 prawns onto each skewer and BBQ or grill the skewers for 4 minutes turning and basting frequently.
5. Serve skewers drizzled with remaining FODMAPPED Sweet Chilli, Basil + Lemongrass Stir Fry Simmer Sauce.
6. Garnish with a sprinkle of Kaffir lime leaves and Nigella seeds.

NOTES

Nigella seeds look like black sesame seeds and taste a little like onion. Available in the supermarket.

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