



# Rabbit with pineapple (texture modified diet)

## Ingredients (serves 1)

2 rabbit legs (125 g) (can be replaced with chicken or turkey)

1 onion

1 ripe tomato

¼ pineapple

Extra virgin olive oil

1 cinnamon stick

1 thyme sprig

Parsley

Pepper

## Method

1. In a pan with a dash of olive oil slightly cook the rabbit seasoned with pepper. When browned, remove the rabbit from the pan. Remove all the bones and set the meat aside.
2. Peel the pineapple and blend half of it. Strain.
3. Cut the other half into big pieces and sauté until golden brown in the same pan as the rabbit. Remove and set aside.
4. Peel and cut onion in julienne strips and grate the tomato.
5. In the same pan, sauté onion until brown. Add the tomato and let it cook at low temperature.
6. Add the cinnamon and thyme to the stew and stir.
7. Add the rabbit meat, pineapple pieces and the blended pineapple juice. Stir everything together and add a bit of water, cook until the rabbit is fully cooked and the stew is moist.
8. Remove the cinnamon stick and the thyme sprig. Put in a tall container, add a bit of water, milk or stock, and blend.
9. Serve the purée topped with a bit of chopped parsley, a dash of olive oil and a pinch of ground cinnamon.

## Recommendations

In case of dysphagia, it is recommended to blend the chopped parsley, olive oil, and cinnamon with all other ingredients to avoid different textures. Strain through a fine sieve until smooth.