

Rice pasta salad (modified texture)



Ingredients (serves 1)

- 30 g rice pasta
- 75 g carrot
- 75 g courgette
- 75 g onion
- 3 prawn tails
- 1 boiled egg white
- Extra virgin olive oil
- Fresh chives
- Fresh ginger
- Apple cider vinegar

Method

1. Peel and wash all vegetables.
2. Mince chives and grate a small piece of ginger. Lightly drizzle with olive oil and a few drops of apple cider vinegar. Set aside.
3. Boil the carrots with a piece of ginger until well done. Drain and remove ginger. Use an immersion blender to purée carrots with a little cooking water until creamy. Set aside.
4. Peel prawn tails and boil for 2 minutes in the carrot-cooking water. Drain.
5. Fill a large pot with water and boil pasta, courgette, and onion until everything is well done.
6. Put pasta, courgette, and onion in a blending container and add chopped prawn tails and egg whites. Purée with immersion blender to obtain a smooth homogenous texture. Add water if necessary.
7. Serve the pasta purée first, then top with carrot puree. Add the vinaigrette on top.
8. Strain vinaigrette if necessary.

Recommendations

In case of severe dysphagia, blend vinaigrette with the carrot purée and pass all purées through a sieve before serving so the resulting textures are all the same.