

Nutritious And Delicious

Dysphagia Friendly Recipes

For Senior Wellbeing





20 min



Medium



2 portions

No gluten
containing
ingredients

Savoury

High
protein

Steak tartare

on sweet potato & glazed shallots

IDDSI LEVEL: **5** MINCED & MOIST

Ingredients:

STEP 1

Glazed vegetables:

8 ml Olive oil
200 g Sweet potato
80 g Red onion
50 ml Water
0.6 g Salt
4 g Brown sugar
1 Scoop ThickenUp® Clear

STEP 2

Dressing:

5 ml Olive oil
5 ml Red wine vinegar
2 g Mustard
0.5 g Salt
0.5 g Tabasco sauce
0.25 g Sweet paprika
2 g Brown sugar
20 ml water
1 Scoop ThickenUp® Clear

STEP 3

Tartare:

160 g Beef tenderloin or top round
Parsley for decoration



Preparation:

1

Glazed vegetables:

1. Peel the sweet potato and the onion. Cut the sweet potato into 2-3 mm slices and carve into small pieces. Boil for 10-12 min. Strain and set aside for later.
2. Chop the onion for 2-3 seconds at a time in the blender until 1-2 mm pieces are obtained. Sauté in olive oil until golden, add brown sugar and salt and caramelize.
3. Add the boiled sweet potato and sauté for 2 min.
4. Separate one portion and grind in the machine for 3 seconds at a time with 50 ml of water and 1 scoop of ThickenUp® Clear until you reach the desired consistency and a homogeneous texture. Set aside for later.

2

Dressing:

5. Blend all the dressing ingredients thoroughly with 1 scoop of ThickenUp® Clear. Then add the water and blend again. Set aside for later.

3

Tartare/Beef tenderloin:

6. Freeze the meat in advance. This will break down the muscle fibre and makes the blending process more effective. Defrost the meat before cleaning it.
7. Clean the meat and remove all traces of fat. Chop the meat into small pieces with a knife. Process in the machine for 3 seconds at a time until 1-2 mm pieces are obtained.
8. Mix the meat with the dressing. Leave in the fridge for 20 min.

4

Presentation:

With the help of a cooking ring, present one layer of vegetables first and then the steak tartare.



Chef's tips

- You can use **beef carpaccio** as the basis of your preparation. It is finely cut and has very little fat.
- You can **replace the sweet potato** with potatoes or any other root vegetable.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
372	18 g	40 g	16 g	1 g



25 min



Medium



2 portions

No gluten
containing
ingredients

Savoury

High
protein

Kosher*



Halal*

Veal timbale

with mushrooms & sautéed rice

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Veal

12 ml Olive oil
200 g Double-minced beef
160 g Fresh mushrooms
60 g Onion
30 ml Red wine vinegar
100 ml + 50 ml Water
1 g Salt
2 Fresh Rosemary sprigs
2 Scoops ThickenUp® Clear

STEP 2

Sautéed Rice

25 g Basmati rice
6 ml Olive oil
4 g Garlic
20 g Carrots
70 ml Water
0.3 g Salt
2 Scoops ThickenUp® Clear
Parsley for decoration



Preparation:

1

Veal:

1. Clean the onion and mushrooms. Chop the onion in the food processor into 1-2 mm pieces and sauté with the olive oil in the pan over medium heat.
2. Repeat the same process with the mushrooms and cook with the onion for 4-5 min.
3. Blend the minced meat in the blender for 1-2 min and add to the pan. Cook for 2 min.
4. Add the vinegar, 100 ml of water and the rosemary sprig. Cook for 7-9 min covered with the lid. Add the salt.
5. Remove the Rosemary sprigs. Separate one portion and blend with 50 ml of water for 3-4 min. Add 2 scoops of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture. Set aside for later.

2

Sautéed Rice:

6. Peel the carrots and cut into 1 cm cubes. Boil with the rice for 18 minutes. Once cooked, strain and set aside for later.
7. Peel and chop the garlic. Lightly brown the chopped garlic in the olive oil in the pan over medium heat for 1-2 min. Add the boiled rice with the carrots to the pan and sauté for 1 minute. Add the salt.

8. Separate one portion and blend with 70 ml of water for 2-3 min. Add 2 scoops of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture. Set aside for later.

3

Presentation:

Present the beef like a steak and the rice like tears on the plate.



Chef's tips

- Use boletus or local mushrooms to **enhance the flavour**.
- Blending the boletus or mushrooms raw before cooking them will help you to obtain small pieces that will be easier to blend once cooked.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
393	24 g	31 g	19 g	2 g



8 min



Easy



2 portions



High-Fibre

High
protein

Kosher*



Halal*

Peanut butter & banana oats

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

300 ml Whole milk
60 g Ground oatmeal
80 g Smooth peanut butter
220 g Banana
10 ml Lemon juice
6 g Brown sugar (optional)
2 Scoops ThickenUp® Clear



Preparation:

1

1. Blend the milk, oatmeal, lemon juice, banana, brown sugar (optional) and peanut butter in a blender until a smooth and lump-free mixture is obtained.
2. Separate one portion (half of the mixture) and add 2 scoops of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture.
3. Presentation: Serve in a bowl.

2

Presentation:
Serve in a bowl.



Chef's tips

- Replace dairy milk with oat, soy or almond milk for a vegan and lactose-free breakfast.
- Use gluten-free oatmeal or ground oats for a celiac-friendly breakfast.
- If the peanut butter is not smooth enough or too lumpy, start the recipe by blending the peanut butter with the milk and then strain the mixture through a strainer. Then follow the recipe as of step 1.
- Dairy milk-based drinks can take up to 20 minutes to reach the desired consistency.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
693	23 g	88 g	30 g	12 g



5 min



Easy



2 portions



No gluten
containing ingredients



High
protein



Kosher*



Halal*

Creamy orange smoothie

IDDSI LEVEL: **3** MODERATELY THICK

Ingredients:

250 g Greek yoghurt
100 ml Orange juice
150 ml Whole milk (cold)
40 g Oat flour
6 g Brown sugar (optional)
1 Scoop ThickenUp® Clear



Preparation:

1

1. Squeeze the orange and strain the juice.
2. Grind all the ingredients in the blender.
3. Separate one portion (half of the mix) and add 1 scoop of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture.
4. Allow to stand in the fridge for 20 minutes until the desired texture is obtained.

2

Presentation:

Serve the smoothie chilled in a glass. Garnish with a slice of orange.



Chef's tips

- You can prepare this drink with your favourite fruits in season. Always remember to peel them and make sure that they have no seeds.
- Dairy milk-based drinks can take up to 20 minutes to reach the desired consistency.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
310	11 g	30 g	17 g	2 g



18 min



Easy



1 portion



Savoury

High
protein

Kosher*



Halal*

Scrambled eggs

with sausages & red peppers

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Egg:

7 ml Olive oil
1 Egg
50 ml Milk
0.3 g Salt
3 Scoops ThickenUp® Clear

STEP 2

Sausages:

80 g Chicken pâté
30 ml Water
1 Scoop ThickenUp® Clear

STEP 3

Red peppers:

100 g Roast peppers, peeled
1 Scoop ThickenUp® Clear



Preparation:

1

Egg:

1. Cook the beaten egg in the olive oil in a frying pan over low heat, stirring constantly so that it does not overcook.
2. Remove from the heat and blend the egg, milk, and salt in the blender.
3. Add 3 scoops of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture. Set aside for later.

2

Red peppers:

4. Use baked peppers and clean them to make sure that there are no traces of skin or seeds. Blend the peppers.
5. Add 1 scoop of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture.

3

Sausages:

6. Blend the pâté and the water in the blender.
7. Add 1 scoop of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture. Set aside for later.

4

Presentation:

Put the pâté in a pastry bag and form the sausages on the plate. Serve the textured egg in the shape of an omelette. Serve the pepper in triangles, simulating a roast pepper.



Chef's tips

- You can use your favourite pâté or foie to make the sausages.
- Don't worry if your omelette is not perfect, as you will be blending it. The most important thing is for it to have no crusts.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
370	21 g	20 g	23 g	4 g



16 min



Easy



1 portion

No gluten
containing
ingredients

Savoury

High
protein

Kosher*



Halal*

Provence-flavoured dinner, *with egg, cheese and tomatoes*

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Egg:

7 ml Olive oil
1 Egg
50 ml Milk
0.3 g Salt
3 Scoops ThickenUp® Clear

STEP 2

Cheese:

75 g Fromage Frais or fresh
Curd Cheese
15 ml Water
2 Scoops ThickenUp® Clear

STEP 3

Tomatoes:

75 g Red tomatoes
2 Scoops ThickenUp® Clear

STEP 4

Provence Oil:

2 g Rosemary
15 ml Water
0.2 g Salt
6 ml Olive oil
1 Scoop ThickenUp® Clear



Preparation:

1

Egg:

1. Cook the beaten egg in the olive oil in a frying pan over low heat, stirring constantly so that it does not overcook.
2. Remove from the heat and blend the egg, milk, and salt in the blender.
3. Add 3 scoops of ThickenUp® Clear and blend again until the desired consistency and a homogeneous texture is obtained. Set aside for later.

2

Cheese

4. Blend the Fromage Frais with 15 ml of water. Add 2 scoops of ThickenUp® Clear and blend again until it reaches the desired consistency and a homogeneous texture. Set aside for later.

3

Tomato:

5. Peel the tomato, cut it in half and remove all the seeds. Blend.
6. Add 2 scoops of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture. Set aside for later.

4

Provence Oil:

7. Press the rosemary with the salt and water. Strain and remove any remains of the aromatic herbs. Add 1 scoop of ThickenUp® Clear. Blend thoroughly with a teaspoon.
8. Add the oil, stir again and mix thoroughly.

5

Presentation:

Spoon the egg onto a plate, forming a cannoli. Form a slice with the cheese. Add the tomato in slices. Decorate with the flavoured oil.



Chef's tips

- The egg can also be cooked in the microwave. Grease a plate with a little oil, add the beaten egg and cook 30 seconds at a time, stirring. Follow the recipe as of step 2.
- Fresh goat's milk cheese will add flavour to the dish.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
399	17 g	16 g	30 g	4 g



22 min



Easy



2 portions

No gluten
containing
ingredients

Savoury



Vegan Friendly



High Fibre

High
protein

Kosher*



Halal*

Basil hummus

and carrot dips

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Carrots:

130 g Sliced carrots
40 ml Water
2 ml of Olive Oil
1 Scoop ThickenUp® Clear

STEP 2

Hummus:

300g Tinned chickpeas
30g Tahini sauce
16 ml Olive oil
60 ml Water
10 g Garlic
2 g Ground cumin
10 ml Lemon juice
60 g Basil paste
1.6 g Salt
2 Scoops ThickenUp® Clear



Preparation:

1

Carrots:

1. Peel and clean the carrots. Cut half of them into sticks and set aside for later. Cut the other half into small pieces and boil for 15 min.
2. Strain and blend the boiled carrots with 40 ml of water and olive oil. Add 1 scoop of ThickenUp® Clear and blend again until it reaches the desired consistency and a homogeneous texture. Set aside for later.

2

Hummus:

3. Blend all the ingredients in the blender for 3-5 min until a homogeneous mixture is obtained.
4. Add 2 scoops of ThickenUp® Clear and blend again until it reaches the desired consistency and a homogeneous texture.

3

Presentation:

On a plate, with the help of a pastry bag, make carrot sticks. Serve with the hummus and decorate with a drizzle of olive oil.



Chef's tips

- Enjoy the hummus with your favourite vegetables, zucchini, carrots, etc.
- You can prepare this same recipe replacing the chickpeas with lentils.
- If you want to cook dry chickpeas, you should soak them overnight and cook them in the pressure cooker with bay leaves and without salt for 35-40 min.
- Use commercial hummus and texture it following the recipe as of step 4, adding the water and 2 scoops of ThickenUp® Clear.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
392	14 g	28 g	24 g	12 g



24 min



Medium



2 portions

No gluten
containing ingredients

Savoury

High
protein

Kosher*



Halal*

Beef and potato *lasagna*

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Potatoes:

320 ml Boiling water
50 g Potato flakes
0.6 g Salt

* No ThickenUp® Clear

STEP 2

Beef Sauce:

12 ml Olive oil
200 g Minced beef
1400 g Onion
160 g Canned tomato sauce
1 g Sweet paprika
2 Bay leaves
40 ml Water
1.4 g Salt
1 Scoop ThickenUp® Clear



Preparation:

1

Potatoes:

1. Boil the water and add it to the potato flakes and the salt. Blend smoothly without beating. Set aside for later.

2

Beef Sauce:

2. Peel and chop the onion in the blender for 3 seconds at a time to obtain 1mm pieces.
3. Sauté the onion in the oil for 2 min in a frying pan over medium heat.
4. Add the meat and cook for 3 min over medium heat.
5. Add the canned tomato sauce, sweet paprika and bay leaves. Cook for 3-4 min with the lid in place. Add salt.
6. Remove the bay leaves. Separate one portion, add 40 ml of water and blend for 3-4 min. Add 1 scoop of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture. Set aside for later.

3

Presentation:

With the help of a square mould, place a layer of the mashed potatoes, followed by another layer of the textured meat sauce on a plate. Repeat. Serve.



Chef's tips

- You can make this sauce vegan by replacing the mincemeat with textured soy.
- You can also use unprocessed meat, chop it up with a knife and grind it very finely in the grinder. Be sure to remove all fat and nerves first.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
332	23 g	30 g	13 g	4 g



25 min



Medium



2 portions

No gluten
containing
ingredients

Savoury

High
protein

Kosher*



Halal*

Salmon island on tomato

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Vinaigrette:

5 ml Olive oil
8 ml Balsamic vinegar
1/2 Scoop ThickenUp® Clear

STEP 2

Tomato sauce:

200 g Ripe tomatoes
6 ml Olive oil
0.6 g Salt
6 Scoops ThickenUp® Clear

STEP 3

Salmon:

300 g Salmon tails
12 ml Olive oil
90 g Red onion (sautéed)
0.6 g Salt
50 ml Water
1 Scoop ThickenUp® Clear



Preparation:

1

Vinaigrette:

1. Mix the balsamic vinegar and the olive oil in a small bowl. Add half a scoop of **ThickenUp® Clear**, blend well. Set aside for later.

2

Tomato:

2. Cut the tomatoes in half and remove the seeds. Grate the tomatoes. Discard the skin and blend.
3. Add olive oil, salt and 6 scoops of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture. Set aside for later.

3

Salmon:

4. Check that the salmon has no bones. Peel the onion and chop it up finely in the blender and sauté in olive oil in the frying pan over medium heat for 2 min. Add the salt.
5. Add the salmon and cook for 2 min on the skin side. Flip and cook for 1 min on the other side. Remove from the heat, remove the skin of the salmon.
6. Shred the salmon, double check that the salmon has no bones, and sauté with the onion in the frying pan over low heat for 1 min.
7. Separate one portion, and blend with 50 ml of water for 3-4 min. Add 1 scoop of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture.

4

Presentation:

Highlight the salmon by placing it in the centre of a deep plate with the help of a cooking ring and then arrange the tomato around the salmon. Remove the cooking ring. Dress with the vinaigrette.



Chef's tips

- Add lemon to the vinaigrette to give it a refreshing taste.
- For a more sophisticated touch, prepare the salmon tartare-style (pre-marinating it and serving it cured). Then continue as per the recipe.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
459	31 g	15 g	31 g	3 g



35 min



Medium



2 portions

No gluten
containing
ingredients

Savoury

High
protein

Roast dinner

with pork tenderloin

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Roast vegetables:

12 ml + 6 ml Olive oil
120 g Sweet potato
100 g Carrots
0.6 g Salt
50 ml Water
*No ThickenUp® Clear

STEP 2

Pork:

50 ml Whole milk (maceration)
200 g Pork tenderloin
12 ml Olive oil
100 g Onion
6 Bay leaves
100 ml Water
0.6 g Ground white pepper
100 ml 15% Cooking cream
1 g Salt
3 Scoops ThickenUp® Clear
50 ml water



Preparation:

1

Vegetables:

1. Peel the sweet potato and carrot and cut into 1 cm cubes. Cook in the oven for 20 min with 12 ml of oil and salt.
2. Separate one portion (half of the mix) and blend with 50 ml of water for 3-4 min. Blend until you reach the desired consistency and a homogeneous texture. Add 3 ml of olive oil, blend and set aside for later.

2

Pork tenderloin:

3. Freeze the meat. Defrost, cut into slices and steep in milk for 1 day in advance. Store in a container in the fridge. This process breaks down the muscle fibre, moisturises the meat and makes the blending process more effective.
4. Cut the meat into 1 cm cubes. Sauté in olive oil in a pan over medium heat for 3-4 min.
5. Peel and chop up the onion very finely or chop for 2-3 seconds at a time in the blender. Add to the pan and sauté with the olive oil for 3-4 min.
6. Add the bay leaves and water to the pan and cook over low heat for 10 minutes with the lid.
7. Remove the lid and allow it to simmer for 6 min.
8. Add the pepper, cream and salt. Allow it to simmer for 2 min.

9. Remove the bay leaves from the pan. Separate one portion and blend with 50 ml of water for 3-4 min. Add 3 scoops of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture.

3

Presentation:

With the help of a kitchen ring, serve the vegetables first followed by the meat. Decorate with aromatic herbs or edible flowers.



Chef's tips

- You can make this same recipe with beef, lamb, chicken or turkey.
- You can use turnips and parsnips.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
505	25 g	32 g	31 g	1 g



13 min



Easy



2 portions

No gluten
containing
ingredients

Savoury

High
proteinSource of
fibre

Kosher*



Halal*

Cream *of spinach*

IDDSI LEVEL: **3** MODERATELY THICK

Ingredients:

100 ml Water
200 g Fresh spinach
200 ml Whole milk
150 ml Evaporated milk
24 g Grated Parmesan cheese
6 ml Olive oil
0.6 g Salt
6 Scoops ThickenUp® Clear



Preparation:

1

1. Bring the water to a boil in a saucepan over medium heat and cook the spinach for 3 min covered with the lid.
2. Add the milk and cook 1-2 min.
3. Remove from the heat, add the cheese, salt, olive oil and blend for 2-3 min.
4. Add the evaporated milk, 6 scoops of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture.

2

Presentation:

Place in a bowl and garnish with a drizzle of olive oil.



Chef's tips

- This recipe can be made either with fresh and frozen chard and spinach.
- Cook the spinach for the time indicated so that it does not taste bitter.
- Use any available grated aged cheese of your choice.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
278	15 g	19 g	16 g	3 g



25 min



Easy



2 portions



No gluten
containing
ingredients



Savoury



High
protein



Kosher*



Halal*

Cream of pumpkin *and hake*

IDDSI LEVEL: **3** MODERATELY THICK

Ingredients:

300 g Pumpkin
240 g Hake fish fillets
4 ml Lemon juice
250 ml Water
1.4 g Salt
6 ml Olive oil
40 ml Cooking cream
4 Scoops ThickenUp® Clear



Preparation:

1. Peel and clean the pumpkin, removing the peel and seeds. Cut into thin slices.
2. Boil the pumpkin and the hake over medium-low heat for 15 min, covered with the lid.
3. Blend the pumpkin and the hake for 3-4 min.
4. Add the lemon juice, the salt and the cream and blend thoroughly again.
5. Add 4 scoops of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture.

2

Presentation:

Serve in a bowl and garnish with liquid cream and olive oil.



Chef's tips

- You can make this recipe with sweet potato or carrots. Cooking time may vary depending on the tuber or ingredient chosen. After boiling, use a fork to poke the potatoes, which should break and be well cooked.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
218	23 g	13 g	9 g	1 g



27 min



Medium



2 portions

No gluten
containing
ingredients

Savoury

High
protein

Kosher*



Halal*

Chicken rice noodles

stewed with vegetables

IDDSI LEVEL: **3** MODERATELY THICK

Ingredients:

14 ml Olive oil
100 g Onion
0.8 g Hot paprika
200 g Chicken breast
40 g Tomato purée
100 g Broccoli
500 ml Water
50 ml Soy sauce
5 g Ginger
80 g Rice noodles
1 Scoop ThickenUp® Clear
40 ml Water



Preparation:

1

1. Chop the onion into 1-2 mm pieces and cook it in olive oil in a frying pan/pot over medium heat for 2-3 min. You can grate the onion manually or grind it in the machine for 2-3 seconds at a time.
2. Add the hot paprika and the chicken, cut into 1 cm cubes, and cook without searing or browning for 3-4 min.
3. Cut the broccoli stems (avoiding the ridges) into 1-2 cm pieces and add them to the pan. Cook over medium-low heat for 2 min.
4. Add the tomato purée, grated ginger and soy sauce to the pan. Cook for 1-2 min.
5. Add 500 ml of water. Bring to the boil, add the rice noodles and cook over low-medium heat covered with the lid for the time indicated by the noodle manufacturer.
6. Serve one portion (half of the preparation).
7. Keep one portion in the pan and cook for a further 4 min with the lid on. Check that the rice noodles break up easily.
8. Add 40 ml of water and blend for 3-4 min. Add 1 scoop of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture.

2

Presentation:
Serve in a bowl.



Chef's tips

- You can prepare this same recipe with fish (hake, cod...), chicken or pork.
- If you want the recipe to be less spicy, replace the hot paprika with sweet paprika.
- You can use noodles, rice noodles or the noodles of your choice.
- For step 5, check the cooking times for the noodles indicated by the manufacturer as they tend to vary.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
401	30 g	50 g	9 g	3 g



24 min



Easy



2 portions

No gluten
containing
ingredients

Vegan friendly



Savoury

High
protein

Kosher*



Halal*

Lentil burger

with curry sauce

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Burger:

300 g Canned lentils
6 ml Olive oil
60 g Onion
0.6 g Salt
30 ml Water
1 Scoop ThickenUp® Clear

STEP 2

Curry Sauce:

6 ml Olive oil
5 g Garlic
0.6 g Salt
8 g Curry powder
95 ml Coconut milk
50 g Tomato paste
2 Scoops ThickenUp® Clear



Preparation:

1

Burger:

1. Cook the onion in the olive oil in a frying pan over medium heat for 2-3 min. The onion can be grated by hand or chopped into 1-2 mm pieces in the blender for 1-2 seconds at a time.
2. Add the lentils, sprinkle the salt and blend well, mashing with a fork or a potato masher.
3. Separate one portion of lentils and blend with 30 ml of water for 3-4 min. Add 1 scoop of **ThickenUp® Clear** and blend until you reach the desired consistency and a homogeneous texture. Set aside for later.
4. Form burgers with the rest of the lentils and sear with olive oil in the pan for the rest of the family.

2

Curry Sauce:

5. Cook the curry and garlic in the oil in a saucepan over low heat for 1 minute.
6. Add the tomato paste, the salt and coconut milk. Cook over low heat for 4 min.
7. Add 1 scoop of **ThickenUp® Clear** and blend until you reach the desired consistency and a homogeneous texture.

3

Presentation:

With the help of a rubber spatula or a table knife, shape the lentils into a burger. Serve with the curry sauce.



Chef's tips

- You can make this recipe with other legumes, such as industrially-processed chickpeas or precooked beans.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
506	18 g	47 g	28 g	14 g



26 min



Medium



2 portions



Savoury

High
protein

Kosher*



Halal*

Salmon

with soy sauce & zucchini

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Zucchini:

170 g Zucchini
(100 g peeled and seedless)
3 ml Olive oil
7 ml Soy sauce
50 ml Whipping cream
40 ml Water
2 Scoops ThickenUp® Clear

STEP 2

Salmon:

125 g Salmon fillets
3 ml Olive oil
30 ml Water
0.3 g Salt
1 Scoop ThickenUp® Clear

STEP 3

Dressing:

2 ml Olive oil
4 ml Soy sauce



Preparation:

1

Zucchini:

1. Peel the zucchini, cut them in half lengthwise, clean the centre with the help of a teaspoon and empty the seeds. Cut into sticks.
2. Sauté in olive oil in a frying pan for 5 min. Add soy sauce and sauté for 2 min. Split into two portions, remove one half from the pan and set it aside for the rest of the family.
3. Add the cream to the half of the zucchini in the pan and cook for 5 min with the lid on.
4. Add 40 ml of water and add 2 scoops of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture. Set aside for later.

2

Salmon:

5. Check the salmon to make sure it is boneless.
6. Sauté the salmon in the olive oil on the skin side in a frying pan over medium heat for 2 min. Add the salt. Flip and cook for 1 min. Remove from the heat.
7. Shred the salmon, double check that the salmon has no bones and remove the skin. Separate one portion of the salmon.
8. Blend the salmon with 30 ml of water and the salt for 3-4 min. Add 1 scoop of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture.

3

Presentation:

Serve the salmon in the shape of a salmon loin, shaping it with a kitchen knife or spatula. Decorate and dress the salmon loin with the soy sauce and olive oil. Use a spoon to serve the zucchini in the form of tears next to the salmon.



Chef's tips

- Shape the salmon preparation into a salmon loin or medallions.
- The salmon can be cooked in the microwave or in an airtight container in for 1 min/30 sec at a time. After that, follow the recipe as of step 6.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
430	29 g	10 g	29 g	3 g



8 min



Easy



2 portions

Energy
breakfast

High Fibre



Kosher*



Halal*

Strawberry & milk smoothie

IDDSI LEVEL: **3** MODERATELY THICK

Ingredients:

300 g Strawberries
100 g Raspberries
300 ml Whole milk
30 g Ground oatmeal
3 g Brown sugar
1 Scoop ThickenUp® Clear



Preparation:

1

1. Blend the strawberries and raspberries. Strain them through a fine strainer to remove all the seeds.
2. Add the brown sugar, oatmeal and milk and blend.
3. Divide into two portions and set one portion aside. Add 1 scoop of **ThickenUp® Clear** to one portion and blend again until you reach the desired consistency and a homogeneous texture.
4. Leave in the fridge for 20 minutes until the desired texture is obtained.

2

Presentation:
Serve in a glass.



Chef's tips

- Use gluten-free ground oatmeal for a gluten-free option.
- You can prepare this drink with your favourite in-season fruits. Always remember to peel them and make sure they have no seeds.
- Use coconut milk instead of dairy milk for a Vegan recipe.
- Dairy milk-based drinks can take up to 20 min to reach the desired consistency.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
250	8 g	38 g	8 g	7 g



9 min



Easy



2 portions

No gluten
containing
ingredients

Vegan friendly

Refreshing
dessert

Kosher*



Halal*

Tropical ice cream

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

180 g Canned pineapple
20 ml Lemon juice
60 ml Coconut milk
10 g Brown sugar
6 Scoops ThickenUp® Clear



Preparation:

1

1. Cut the pineapple into small pieces and freeze at least 2 hours in advance.
2. Blend the frozen pineapple, lemon juice, brown sugar and coconut milk in a blender.
3. Add 6 scoops of **ThickenUp® Clear** and blend again until you reach the desired consistency and a homogeneous texture.

2

Presentation:

Serve in a bowl and decorate with a pineapple wedge.



Chef's tips

- This preparation and texture are suitable for the whole family.
- You can use your favourite fruits to make this recipe: peaches, mango, bananas, etc. Always remember to remove the seeds or use a strainer.
- You can buy pre-cleaned frozen fruit in supermarkets. Choose fleshy fruits, such as mangoes or pineapples, and avoid fruits with seeds, such as berries.
- You can put this mixture in ice cream moulds and eat it as an ice lolly / snack.
- If the entire quantity is not used and is refrozen, blend again for 2-3 min before serving.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
155	1 g	23 g	6 g	2 g



20 min



Easy



2 portions

No gluten
containing
ingredients

High Fibre



Kosher*



Halal*

Glazed apples *in caramel*

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Apples:

300 g Green apples
20 g Butter
12 g Brown sugar
50 ml Water
2 Scoops ThickenUp® Clear

STEP 2

Cream:

100 g Whipping cream
1 Scoop ThickenUp® Clear



Preparation:

1

Apples:

1. Peel the apples, remove the seeds and cut into wedges. Set aside for later.
2. Spread the sugar on the bottom of a frying pan and cook over low heat. Without stirring, allow the caramel to begin to form for 2-3 min.
3. Without stirring, add the butter, allowing the toffee to form for 1-2 min.
4. Arrange the apple wedges in the pan, covering the bottom. Cook for 4 min with the lid on.
5. Flip the apple wedges. Cook for 2 min without the lid.
6. Take one portion of caramelised apple (half the preparation), add 50 ml of water and blend for 3 min.
7. Add 2 scoops of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture.

2

Cream:

8. Mix the cream with 1 scoop of ThickenUp® Clear and whip until it is stiff. Do not over- whip.

3

Presentation:

Serve the textured apple in a dessert glass and decorate with the whipped cream.



Chef's tips

- You can prepare this same recipe with pears or pineapple.
- Add a pinch of salt to the caramel preparation to enhance the flavour.
- The cream does not require sweeteners, as its flavour contrasts with the acidity of the apple.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
358	1 g	31 g	26 g	4 g



10 min



Easy



2 portions

No gluten
containing ingredients

Source of protein



Kosher*



Halal*

Greek yoghurt & mango dessert

IDDSI LEVEL: **4** EXTREMELY THICK

Ingredients:

STEP 1

Yogurt:

250 g Greek yoghurt

STEP 2

Mango:

100 g Mango
50 ml Water
6 g Brown sugar
2 Scoops ThickenUp® Clear



Preparation:

1

Yogurt:

1. Serve without texturing.

2

Fruit Topping:

2. Blend the mango with the water and the brown sugar for 2-3 min.
3. Add 2 scoops of ThickenUp® Clear and blend again until you reach the desired consistency and a homogeneous texture.

3

Presentation:

Layer the mango preparation and the yogurt in a glass, then repeat.



Chef's tips

- Use your favourite in-season fruits to make this preparation.
- Prepare in advance and eat at any time of day.
- If the mango is not ripe enough, microwave it in an airtight container with the water for 1 min or 30 sec at a time until the mango is soft.

PER SERVING:

kCal	Proteins	Carbs	Fat	Fibre
197	5 g	17 g	13 g	1 g



The recipes in this book have been developed and tested to meet specific textures for people who need thickened liquids and pureed solid foods.

Always consult your healthcare professional.

THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

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