



by Medifood

15 ideas

to prepare recipes with

Afenil



by MEDIFOOD

AFENIL RECIPES

INTRODUCTION

Afenil GEL and **Afenil EXPRESS Unflavored** are amino acid mixtures, phenylalanine-free, supplemented with vitamins, minerals, trace elements, selenium, taurine and carnitine for the dietary treatment of phenylketonuria.

AFENIL GEL

- > Children aged 6 months and over, ideal for weaning
- > 10 g of protein equivalent (PE) per 24 g sachet
- > Nutrient quantity appropriate to the age of reference

AFENIL EXPRESS UNFLAVORED

- > Children aged 3 years and over and adults
- > 15 g of protein equivalent (PE) per 25 g sachet
- > Nutrient quantity appropriate to the age of reference

Afenil Gel and **Afenil Express Unflavored** are easy to use in the kitchen. Simple preparations can therefore be made that not only make the protein supplement more palatable, but also make the diet of patients who constantly NEED to take the supplement more varied. Here are some preparation suggestions below.

BEFORE USING AFENIL PRODUCTS IN THE RECIPES, ALWAYS CONSULT YOUR DOCTOR OR DIETICIAN

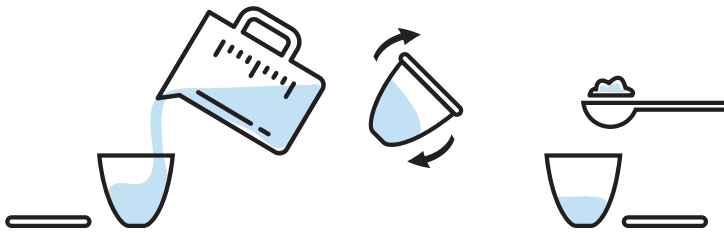


BASIC PREPARATION

Both products can be easily reconstituted in both gelatinous and liquid form, with a low volume, in order to adapt perfectly to the various needs of different age groups:

1. PREPARATION AS A GEL

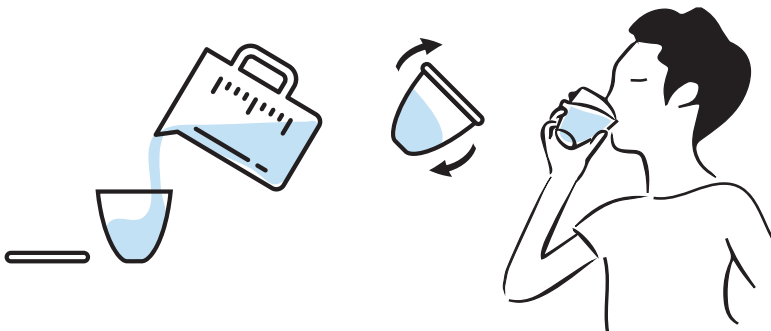
Pour the contents of a sachet of **Afenil Gel** or **Afenil Express Unflavored** into a glass and add 30 ml of cold or lukewarm water or other permitted liquids. Mix well and leave to rest for a few minutes before consuming the product.



The gel form is particularly suitable for weaning, especially for introducing children to a solid diet.

2. PREPARATION AS A DRINK

Pour the contents of a sachet of **Afenil Gel** or **Afenil Express Unflavored** into a glass and add 80 ml of cold or lukewarm water or other permitted liquids. Mix well and drink immediately.



The liquid form is particularly suitable for rapidly consuming a large quantity of PE still, however, in a low volume, even when away from home.

1. MAIN MEAL / Semolina with Saffron



INGREDIENTS:

1 portion

- 20 g butter o 70 g onion o 400 g water
- 45 g **Sineamin** semolina
- ½ sachet of saffron
- Salt to taste
- **Afenil Gel** or **Afenil Express Unflavored**

SUGGESTION:

Saffron can be replaced by other permitted spices as desired.

PREPARATION:

- 1) Brown the finely chopped onion in the butter in a casserole dish
- 2) Add the water, followed by the semolina. Allow to boil and cook for approximately 10 minutes
- 3) Add the saffron and mix
- 4) Remove from the heat and, once cooled, mix with **Afenil Gel** or **Afenil Express Unflavored**, in the prescribed quantity (1 or more sachets)

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	333,6 kcal	43,5 g	17,3 g	1,1 g	30,6 mg
<i>With Afenil Gel (1 sachet)</i>	414,6 kcal	53,8 g	17,4 g	11,1 g	30,6 mg
<i>With Afenil Express (1 sachet)</i>	408,6 kcal	46,9 g	17,1 g	16,1 g	30,6 mg

2. GNOCCHI ALLA ROMANA

GOURMET PREPARATION



INGREDIENTS:

1 portion

- 100 g water
- 150 ml **Milco** protein-free drink
- 50 g **Sineamin** semolina
- 30 g butter
- **Afenil Gel** or **Afenil Express Unflavored**

SUGGESTION:

Whilst preparing the semolina, ½ a sachet of saffron can be added to taste. The gnocchi can be seasoned with tomatoes before cooking in the oven.

PREPARATION:

- 1) Mix the water and **Milco** in a small saucepan
- 2) Add the butter. Season with salt and pepper. Bring to the boil
- 3) Add the **Sineamin** semolina and mix
- 4) Cook for a few minutes and add **Afenil Gel** or **Afenil Express Unflavored** in the prescribed dose (1 or more sachets)
- 5) Pour the resulting mixture onto a sheet of baking paper and spread to achieve a thickness of 1 cm
- 6) Allow to cool and cut into squares measuring three-four cm along the side
- 7) Place the squares into a greased baking tray and heat in a hot oven
- 8) ½ a sachet of saffron can be added to taste

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	506,9 kcal	55,8 g	31,1 g	0,8 g	29,9 mg
<i>With Afenil Gel (1 sachet)</i>	587,9 kcal	66,1 g	31,1 g	10,8 g	29,9 mg
<i>With Afenil Express (1 sachet)</i>	580,9 kcal	59,2 g	31,12 g	15,8 g	29,9 mg

3. ONION SOUP

GOURMET PREPARATION



INGREDIENTS:

1 portion

- 150 g onion
- 30 g butter
- Marjoram, salt and pepper to taste
- **Afenil Gel** or **Afenil Express Unflavored**

PREPARATION:

- 1) Brown the finely chopped onion in the butter for approximately 40 minutes over a very low heat in a saucepan
- 2) Season
- 3) Cover with water and cook for 10 minutes
- 4) Remove from the heat, season with pepper and add the marjoram leaves
- 5) Mix with **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets)

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	266,4 kcal	35,7 g	25,6 g	0,4 g	50,4 mg
<i>With Afenil Gel (1 sachet)</i>	347 kcal	46,03 g	25,6 g	10,4 g	50,4 mg
<i>With Afenil Express (1 sachet)</i>	340 kcal	39,13 g	25,67 g	15,4 g	50,4 mg

4. CAULIFLOWER CREAM

GOURMET PREPARATION



INGREDIENTS:

1 portion

- 50 g cauliflower
- 10 g butter
- Salt and pepper to taste
- **Afenil Gel** or **Afenil Express Unflavored**

SUGGESTION:

The finished preparation can be seasoned with chives or fresh parsley.

PREPARATION:

- 1) Melt half of the butter and add the cauliflower, cut into pieces
- 2) Brown for a few minutes and cover with water
- 3) Cook for approximately 15 minutes, then blend
- 4) Season with salt and pepper and add the remaining butter
- 5) Dilute in the **Afenil Gel** or **Afenil Express Unflavored** mixture in the prescribed quantity (1 or more sachets)

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	125,8 kcal	1,5 g	8,4 g	1,7 g	36,8 mg
<i>With Afenil Gel (1 sachet)</i>	206,8 kcal	11,8 g	8,5 g	11,7 g	36,8 mg
<i>With Afenil Express (1 sachet)</i>	199,8 kcal	4,9 g	8,5 g	16,7 g	36,8 mg

5. PUMPKIN CREAM

GOURMET PREPARATION



INGREDIENTS:

1 portion

- 50 g onion
- 100 g pumpkin
- 2 sage leaves
- 20 g butter
- 20 g olive oil
- **Afenil Gel** or **Afenil Express Unflavored**

SUGGESTION:

The finished preparation can be seasoned with chives or fresh parsley.

PREPARATION:

- 1) Brown the finely chopped onion in the olive oil
- 2) Add the peeled and sliced pumpkin
- 3) Brown slightly, then cover with water and season with salt
- 4) Cook for approximately 20 minutes and reduce to a puree using a blender or vegetable mill
- 5) Separately, brown the leaves in the butter, until they are crispy, without burning the butter. Add the pumpkin
- 6) Add **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets) and mix well
- 7) Adjust the density by adding water or **Milco** protein-free milk

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	362,6 kcal	6,6 g	36,8 g	1,8 g	37,1 mg
<i>With Afenil Gel (1 sachet)</i>	443,6 kcal	16,9 g	36,8 g	11,8 g	37,1 mg
<i>With Afenil Express (1 sachet)</i>	436,6 kcal	10 g	36,9g	16,8 g	37,1 mg

6. SICILIAN SAUCE



INGREDIENTS:

2 portions of Sineamin protein-free pasta

- ¼ clove of garlic
- 50 g onion
- 25 g olive oil
- 100 g aubergines
- 100 g tomatoes
- Oil for frying
- Salt to taste
- **Afenil Gel** or **Afenil Express Unflavored**

SUGGESTION:

Alternatively, the prepared sauce can be used to make bruschetta with protein-free bread.

PREPARATION:

- 1) Cut the aubergines into slices and fry them in plenty of olive oil
- 2) Drain and dry them of excess oil
- 3) Brown the finely chopped onion and garlic in the olive oil
- 4) Add the fresh or canned tomatoes and cook for 10 minutes
- 5) Add the aubergines
- 6) Mix with **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets)
- 7) Season the pasta

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	335 kcal	8,9 g	25,65 g	2,6 g	91,47 mg
<i>With Afenil Gel (1 sachet)</i>	416 kcal	19,2 g	25,7 g	12,6 g	91,47 mg
<i>With Afenil Express (1 sachet)</i>	409 kcal	12,35 g	25,7 g	17,6 g	91,47 mg

7. GYPSY SAUCE

PASTA SAUCE



INGREDIENTS:

2 portions of Sineamin protein-free pasta

- ½ clove of garlic
- 50 g onion
- 25 g olive oil
- 40 g bell pepper
- 100 g tomatoes
- 10 g black olives
- 5 g capers
- Salt to taste
- **Afenil Gel** or **Afenil Express Unflavored**

SUGGESTION:

Alternatively, the prepared sauce can be used to make bruschetta with protein-free bread.

PREPARATION:

- 1) Brown the finely chopped onion and garlic in the olive oil and add the diced peppers
- 2) Cook for 10 minutes
- 3) Add the fresh or canned tomatoes, capers and olives
- 4) Cook for 15 minutes
- 5) Mix with **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets)
- 6) Season the pasta

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	354 kcal	8,6 g	28,1 g	2,7 g	43,16 mg
<i>With Afenil Gel (1 sachet)</i>	435,05 kcal	18,9 g	28,1 g	12,7 g	43,16 mg
<i>With Afenil Express (1 sachet)</i>	428,05 kcal	12,06 g	28,2 g	17,7 g	43,16 mg

8. ARTICHOKE AND SAFFRON SAUCE

PASTA SAUCE



INGREDIENTS:

2 portions of Sineamin protein-free pasta

- 1 artichoke (60 g clean weight)
- 10 g onion (optional)
- 10 g olive oil
- ½ sachet of saffron
- **Afenil Gel** or **Afenil Express Unflavored**

SUGGESTION:

Alternatively, the prepared sauce can be used to make bruschetta with protein-free bread.

PREPARATION:

1. Brown the finely chopped onion in the olive oil
2. Cut the artichoke into fine slices, removing the hard leaves and beard and add it to the sautéed onion
3. Leave to cook with the lid on for a few minutes
4. Add the saffron diffused in a couple of tablespoon of water and the **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets) and mix

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	105,8 kcal	2,07 g	10,1 g	1,7 g	71,5 mg
<i>With Afenil Gel (1 sachet)</i>	186,8 kcal	12,4 g	10,2 g	11,7 g	71,5 mg
<i>With Afenil Express (1 sachet)</i>	179,8 kcal	5,5 g	10,2 g	16,7 g	71,5 mg

9. PEPPERONATA



INGREDIENTS:

1 portion

- 100 g bell pepper
- 20 g small onion
- 50 g ripe tomatoes
- 20 g olive oil to taste
- Salt
- **Afenil Gel** or **Afenil Express Unflavored**

PREPARATION:

- 1) Simmer the sliced onion for a while in the oil in a saucepan, until it turns soft and golden
- 2) Add the pepper and cook for 10 minutes with the lid on
- 3) Season with salt
- 4) Add the tomatoes cut into pieces and cook for one hour, keeping the lid on
- 5) Only add water if needed
- 6) Remove from the heat and add **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets)

NUTRITION FACTS	ENERGY	CARBOHYDRATES	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	247,2 kcal	7 g	20,4 g	1,6 g	41,6 mg
<i>With Afenil Gel (1 sachet)</i>	328,2 kcal	17,3 g	20,4 g	11,6 g	41,6 mg
<i>With Afenil Express (1 sachet)</i>	321,2 kcal	10,4 g	20,5 g	16,6 g	41,6 mg

10. CUCUMBER SALAD

VEGETABLES



INGREDIENTS:

1 portion

- 150 g cucumber
- 10 g extra virgin olive oil
- Garlic
- Thyme
- Balsamic vinegar to taste
- **Afenil Gel** or **Afenil Express Unflavored**

PREPARATION:

- 1) Peel and cut the cucumber into thin slices
- 2) Dissolve **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets) in a tablespoon of water
- 3) Chop a piece of garlic with a sprig of thyme and add it to the gel
- 4) Add the olive oil, salt and aromatic vinegar as desired
- 5) Season the cucumber with this sauce

NUTRITION FACTS	ENERGY	CARBOHYDRATES	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	111 kcal	2,7 g	10,7 g	1,05 g	28,05 mg
<i>With Afenil Gel (1 sachet)</i>	192 kcal	13 g	10,8 g	11,05 g	28,05 mg
<i>With Afenil Express (1 sachet)</i>	185 kcal	6,1 g	10,8 g	16,05 g	28,05 mg

11. CAPONATA

VEGETABLES



INGREDIENTS:

1 portion

- 40 g onion
- 30 g aubergine
- 40 g bell pepper
- ½ tablespoon of capers
- 7 g black olives
- 30 g ripe tomatoes
- Vinegar
- 20 g olive oil to taste
- **Afenil Gel** or **Afenil Express Unflavored**

PREPARATION:

- 1) Simmer the sliced onion for a while in the oil in a saucepan, until it turns soft and golden
- 2) Add the pepper and diced aubergine
- 3) Cook for 15 minutes with the lid on
- 4) Add the chopped tomato, season with salt and cook for approximately 50 minutes, with the lid on, adding water only if needed
- 5) After cooking, add the capers, chopped olives and a few spoonfuls of vinegar
- 6) Partially evaporate and add **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets)

NUTRITION FACTS	ENERGY	CARBOHYDRATES	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	240,7 kcal	5,8 g	20,5 g	1,4 g	44,3 mg
With Afenil Gel (1 sachet)	321,7 kcal	16,1 g	20,5 g	11,4 g	44,3 mg
With Afenil Express (1 sachet)	314,7 kcal	9,2 g	20,5 g	16,4 g	44,3 mg

12. SEMOLINA PUDDING



INGREDIENTS:

1 portion

- 150 ml **Milco** protein-free drink
- 30 g **Sineamin** semolina
- 40 g honey
- 5 g raisins
- 80 g apple, peeled and thinly sliced
- **Afenil Gel** or **Afenil Express Unflavored**

SUGGESTION:

For a chocolate flavour, add ½ bar of Kidbar or another chocolate-flavoured protein-free bar to the preparation, melted into the mixture or replace the Milco with **Milco Ciock**. The Kidbar or the other chocolate-flavoured protein-free bar, can be added in flakes to the warm mixture.

PREPARATION:

- 1) Combine all ingredients in a small saucepan, except for **Afenil Gel** or **Afenil Express Unflavored**
- 2) Cook by mixing at a low heat for approximately 10 minutes
- 3) Remove from the heat
- 4) When no longer boiling, add **Afenil Gel** or **Afenil Express Unflavored** in the prescribed quantity (1 or more sachets)
- 5) If the resulting mixture is too compact, add a small amount of **Milco**
- 6) Grease a creme caramel mould and pour in the mixture
- 7) Cook in the oven at 180° for approximately 15 minutes

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	517,8 kcal	117,7 g	6,2 g	1,9 g	40,4 mg
With Afenil Gel (1 sachet)	598,8 kcal	128,01 g	6,27 g	11,9 g	40,4 mg
With Afenil Express (1 sachet)	591,8 kcal	121,1 g	6,27 g	16,9 g	40,4 mg



INGREDIENTS:

- 1 sachet of **Afenil Gel** or **Afenil Express Unflavored**
- 30 ml of water
- One tablespoon of jam

SUGGESTION:

The jam can be replaced with honey or other permitted fruit jellies.

The resulting product can be consumed with a spoon or spread onto protein-free bread.

For a more intense flavour, Afenil Express Unflavored can be replaced with **Afenil Express Orange**.

VARIOUS FLAVOURS:

- 1) Reconstitute 1 sachet of **Afenil Gel** or **Afenil Express Unflavored** with 30 ml of water
- 2) Add as desired:
 - One tablespoon of jam
 - Lemon peel of half a lemon or a grated organic orange
 - A pinch of fresh ginger or other spices, as desired
 - A pinch of thyme, mint or other aromatic herbs, as desired

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	32 kcal	8,9 g	0 g	0 g	0 mg
<i>With Afenil Gel (1 sachet)</i>	113 kcal	18,6 g	0 g	10 g	0 mg
<i>With Afenil Express (1 sachet)</i>	106 kcal	11,4 g	0 g	15 g	0 mg

14. CARAMEL SAUCE

DESSERT



INGREDIENTS:

- 1 sachet of **Afenil Gel** or **Afenil Express Unflavored**
- 100 grams of sugar
- Sufficient quantity of water

SUGGESTION:

The resulting mixture can be stored in the refrigerator and used for several preparations.

- Take some of the resulting preparation and add 1 sachet of **Afenil Gel** or **Afenil Express Unflavored**.
- Mix well and consume immediately.

PREPARATION:

- 1) In a thoroughly cleaned saucepan, place the sugar and add approximately 50 ml of water, so that the sugar is soaked but not submerged
- 2) Boil until the mixture turns a hazel colour
- 3) Remove from the heat and stop cooking by placing the saucepan into cold water
- 4) At this point, add another 100 ml of water and boil until it has all dissolved
- 5) At room temperature, this mixture must be of the same density as a cream; if too creamy, add a little water and heat it up slightly; if too liquid, leave it to boil slightly in order to evaporate the excess water

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	375 kcal	100 g	0 g	0 g	0 mg
<i>With Afenil Gel (1 sachet)</i>	456 kcal	110,3 g	0 g	0 g	0 mg
<i>With Afenil Express (1 sachet)</i>	449 kcal	103,4 g	0 g	0 g	0 mg

15. CHOCOLATE-FLAVOURED CREAM

DESSERT



INGREDIENTS:

- 1 sachet of **Afenil Gel** or **Afenil Express Unflavored**
- ½ Kidbar or another chocolate-flavoured protein-free bar
- 1 tablespoon of **Milco** protein-free drink

SUGGESTION:

To achieve a more intense chocolate flavour, replace Milco with **Milco Ciock**.

PREPARATION:

- 1) Place the Kidbar or another chocolate-flavoured protein-free bar and **Milco** into a small saucepan
- 2) Mix carefully in a bain-marie at a very low heat, until it has completely melted and is perfectly blended
- 3) No need to boil
- 4) Remove from the heat
- 5) Add the sachet of **Afenil Gel** or **Afenil Express Unflavored**
- 6) Mix well and consume immediately

NUTRITION FACTS	ENERGY	CARBOHYDRATE	FAT	PROTEIN	PHENYLALANINE
Basic Recipe	68,5 kcal	8 g	4,4 g	0,03 g	1,25 mg
<i>With Afenil Gel (1 sachet)</i>	149,5 kcal	18 g	4,4 g	10,03 g	1,25 mg
<i>With Afenil Express (1 sachet)</i>	142,5 kcal	11 g	4,4 g	15,03 g	1,25 mg

Notes:

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