

RECIPES WITH ENSURE

POTATO SOUP

SERVES 2

Approximate nutrient content per serving: 149 kcal

INGREDIENTS

- 110ml (1/2 bottle) of **Ensure® Plus** neutral flavour
- 2-3 medium potatoes
- 1 small onion
- 1 small stick of celery
- Small knob of butter
- Vegetable stock (200ml)
- Seasoning
- 1 tablespoon of chopped parsley

METHOD

1. Wash, peel and thinly slice potatoes
2. Peel and slice onion, wash and chop celery
3. In a large saucepan, melt butter and sauté vegetables for 10 minutes
4. Add stock and seasoning to the saucepan and simmer for 45 minutes
5. Remove vegetable mixture from heat, add to blender and liquidise
6. When liquidised, return to saucepan. Add **Ensure® Plus** and parsley, heat gently (do not boil) for 5 minutes and serve

TOMATO SOUP

SERVES 2

Approximate nutrient content per serving: 236kcal

INGREDIENTS

- 220 ml (1 bottle) of **Ensure® Plus** neutral flavour
- 1 can of condensed cream of tomato soup (approximately 295ml)
- Water (100ml)

METHOD

1. In a medium saucepan, add the tomato soup and water
2. Heat the mixture, stirring occasionally
3. Gradually add **Ensure® Plus** and heat gently (do not boil)
4. Serve immediately

BACON AND SYRUP PANCAKES

SERVES 2

Approximate nutrient content per serving: 315kcal

INGREDIENTS

- 110ml (1/2 bottle) [Ensure® Plus](#) neutral flavour
- Plain flour (55g)
- Pinch of salt
- 1 Large egg
- Sugar (20g)
- Whole milk (30ml)
- A Small knob of butter
- 4 Slices of grilled crispy bacon
- Maple syrup

METHOD

1. Sieve flour and sugar into a large bowl
2. In a food processor, mix together flour, sugar, salt and eggs. Slowly add milk and [Ensure® Plus](#).
Alternatively, whisk in gradually by hand
3. When all the milk and [Ensure® Plus](#) has been mixed through, the mixture will be smooth and runny
4. Put a knob of butter in a frying pan, and when it is melted, add one large spoonful of batter to the hot pan
5. As soon as the batter is in the pan, tip the frying pan from side to side, ensuring a thin layer of batter covers the pan
6. When the underside is cooked, flip the pancake over
7. When the pancake is fully cooked, remove to plate
8. Add 2 slices of grilled bacon to the top of each pancake and pour maple syrup over it

TUNA PASTA BAKE

SERVES 2

Approximate nutrient content per serving: 385kcal

INGREDIENTS

- 200ml (1 bottle) [Ensure® TwoCal](#) neutral flavour
- Butter (20g)
- Plain flour (30g)
- Whole milk (100ml)
- Cheddar cheese (50g)
- Dry pasta (50g)
- 1 tablespoon vegetable oil
- 1 small onion (finely chopped)
- Chopped mushrooms (50g)
- Frozen peas (50g)

- Tinned sweetcorn (50g)
- Drained tinned tuna (approximately 100g)
- Grated cheese (20g)

METHOD

1. Bring a large saucepan of water to the boil and cook pasta for 5-10 minutes until soft then drain
2. In a frying pan, heat oil and add chopped onions and mushrooms. Fry for 5 minutes, stirring occasionally until softened
3. In a separate saucepan, heat butter, milk and Ensure® TwoCal. Do not boil
4. Add flour to the saucepan slowly, constantly whisking. The mixture will start to thicken
5. When all the flour has been added, stir in cheese slowly
6. When the cheese sauce has thickened to satisfaction, remove from heat
7. Add onions, mushrooms, peas and sweetcorn to the cheese sauce. Simmer for 5 minutes, stirring occasionally
8. Add tuna to the saucepan, stir, then place the mixture in a casserole dish. Sprinkle the cheese and bake in the oven for 25 minutes

CHICKEN STROGANOFF

SERVES 2

Approximate nutrient content per serving: 375 kcal

INGREDIENTS

- 110 ml (1/2 bottle) of [Ensure® Plus](#) neutral flavour
- 1 teaspoon of olive oil
- Chicken breasts, boned and skinless (180 g)
- 1 medium onion, peeled and thinly sliced
- 3 tablespoons of water
- 1/2 teaspoon of paprika
- Button mushrooms, sliced (120 g)
- 1 chicken stock cube dissolved in boiling water (150 ml)
- 1/2 teaspoon of Dijon mustard
- 2 tablespoons of parsley, coarsely chopped
- 1 teaspoon of cornflour
- 2 tablespoons of sour cream
- Egg noodles, cooked (75 g)
- Salt and pepper to season

METHOD

1. Heat the oil in a non-stick frying pan over medium heat
2. Cut the chicken into strips and sprinkle with salt and pepper
3. Add the chicken to the frying pan, cooking for 2-3 minutes on both sides, until browned
4. Transfer the chicken to a plate and keep warm
5. Add onion and 2 tablespoons of water to the frying pan and sauté for 2 minutes

6. Add paprika and mushrooms to the frying pan and sauté until the mushrooms are browned
7. Add chicken stock, mustard and parsley to the frying pan and cook until the liquid is reduced to half
8. In a small bowl, mix 1 tablespoon of cold water with the cornflour to form a paste and add to the frying pan
9. Continue to cook for 2-3 minutes, stirring constantly
10. Reduce the heat to low and add Ensure®Plus (do not boil)
11. Return the cooked chicken to the frying pan and continue to cook for a further 2-3 minutes until the chicken is fully cooked (do not boil)
12. Pour the mixture over the cooked noodles
13. Garnish with a sprinkle of parsley, sour cream and serve

MOUSSAKA

SERVES 2

Approximate nutrient content per serving: 660kcal

INGREDIENTS

For the base:

- 3 tablespoons of olive oil
- 2 medium aubergines, cut length ways into 1/4 inch slices
- 1 medium onion, finely chopped
- 2 cloves of garlic, crushed
- Lean minced lamb or beef (450 g)
- 1/4 glass of red wine
- Tin of chopped tomatoes (200 g)
- 1 cinnamon stick or 1/4 teaspoon of ground cinnamon
- 2 bay leaves, chopped
- Salt and pepper

For the topping:

- 220ml (1 bottle) [Ensure® Plus](#) neutral flavour
- Butter (37g)
- Plain flour (37g)
- Whole milk (100ml)
- Parmesan cheese, freshly grated (25g)
- 1 medium egg, beaten
- Salt and pepper to season

METHOD

For the base:

1. Preheat the oven to 200oC / 400oF / Gas Mark 6
2. In a very hot frying pan, heat 1 tablespoon of olive oil and quickly fry a layer of aubergine slices until tender and lightly coloured on both sides
3. Lift out the aubergine with tongs and place in the base of a deep square oven proof dish (approx 25cm x 25cm)
4. Season the aubergine lightly with salt and pepper

5. Repeat with the rest of the aubergine, seasoning each layer when cooked
 6. In a large saucepan, heat 2 tablespoons of olive oil
 7. Add the onion and garlic and fry until golden
 8. Add the minced meat and cook over a high heat for 3-4 minutes until the meat has browned
 9. Add the wine, tomatoes, cinnamon and bay leaves and simmer gently for 30-40 minutes
 10. Remove the cinnamon from the sauce and season with salt and pepper
 11. Spread the meat sauce over the aubergine
 12. Pour the cheese topping over the meat sauce and bake for 25-30 minutes, until golden and bubbling
- For the topping:**
1. In a medium saucepan, melt the butter on a medium heat
 2. Add the flour and continue to heat, stirring constantly, for 1 minute
 3. Gradually beat in the milk and Ensure® Plus, stirring until thick (do not boil)
 4. Add the cheese and season with a pinch of salt and pepper
 5. Cool slightly before adding the beaten egg
 6. Pour the topping mixture over the base and bake for 25-30 minutes until golden brown
 7. Serve with a salad garnish

FRUIT PUNCH

SERVES 2

Approximate nutrient content per serving: 176kcal

INGREDIENTS

- 220ml (1 bottle) of [Ensure® Plus juice](#) orange flavour
- 1 lemon, juiced and 1/2 teaspoon of grated zest
- Strawberries, chopped (57g)
- Lemonade (100ml)
- Ice cubes

METHOD

1. In a large bowl, mix together Ensure® Plus juice and lemonade
2. Add the grated lemon zest and lemon juice
3. Add the chopped strawberries and ice cubes
4. Stir gently and serve in a tall glass

TOBLERONE CHEESECAKE

SERVES 8

Approximate nutrient content per serving: 757kcal

INGREDIENTS

- 96.5 g (1 sachet) of **Ensure®** vanilla flavour
- Ginger nut biscuits, finely crushed (300 g)
- Butter (100 g)
- Icing sugar (65 g)
- Cream cheese (225 g)
- Single cream (500 ml)
- 6 x 35 g bars of Toblerone® and 50 g white chocolate (crushed)

METHOD

For the base:

1. In a medium saucepan, melt the butter on a high heat
2. Add ginger nut biscuits and mix together, using a wooden spoon
3. Line an 18cm baking tin with greaseproof paper
4. Place the biscuit mixture in the baking tin and flatten down
5. Place the biscuit base in the fridge to set

For the topping:

1. In a large bowl, mix Enshake® and icing sugar together
2. Add the cream cheese and mix further until a paste forms
3. Using an electric mixer, add in the cream (a little at a time), beating well until a firm consistency is reached
4. Using a metal spoon, fold 3/4 of the Toblerone® and 3/4 of the white chocolate into the mixture
5. Spoon the topping over the base and transfer to the fridge to set
6. Sprinkle the remaining Toblerone® and white chocolate over the top

BANANA SMOOTHIE

SERVES 1

Approximate nutrient content per serving: 415kcal

INGREDIENTS

- 220ml (1 bottle) of **Ensure® Plus** vanilla flavour
- 1 banana

METHOD

1. Blend **Ensure® Plus** and banana together in a blender until smooth
2. Pour into a tall glass to serve

MINTY MAYHEM

SERVES 2

Approximate nutrient content per serving: 465kcal

INGREDIENTS

- 220 ml (1 bottle) of **Ensure® Plus** neutral flavour

- Mint chocolate chip ice cream (250g)
- 5 After Eight® chocolate mints

METHOD

1. In a blender, add Ensure® Plus, ice cream and 4 chocolate mints and blend until smooth
2. Pour into a tall glass, finely chop the remaining chocolate mint over the top and serve

YOGHURT COOLER

SERVES 2

Approximate nutrient content per serving: 213kcal

INGREDIENTS

- 200ml (1 bottle) of [Ensure® Plus fibre](#) vanilla flavour chilled
- 1 fruit yoghurt (125g)

METHOD

Blend Ensure® Plus fibre and yoghurt together in a blender until a smooth consistency is reached