

# FODMAP

FRIENDLY

## *Recipe Book*





## What is a low FODMAP diet?

A low FODMAP diet refers to an eating pattern that has a very low amount of food compounds called FODMAPs.

## What are FODMAPs?

FODMAPs (Fermentable, Oligo-saccharides, Di-saccharides, Mono-saccharides and Polyols) are a collection of short chain carbohydrates, or sugar 'saccharide' molecules, found in a variety of foods.

## Why are FODMAPs an issue?

When consumed in foods and drinks, FODMAPs may be poorly absorbed in the small intestine and pass intact through to the large intestine in the gut. This can result in two processes that may cause abdominal symptoms in susceptible people:

1. The FODMAPs are readily fermented by bacteria in the large bowel, contributing to the production of gas.
2. The FODMAPs are also highly osmotic, meaning that they attract water into the large bowel, which can alter how quickly the bowels move.

Symptoms triggered by these processes may include bloating, cramping, excess flatulence, and constipation or diarrhoea, or alternating between the two.

## Does a low FODMAP diet work?

The low FODMAP diet limits foods and drinks that contain high amounts of FODMAP sugars. A low FODMAP diet is a scientifically proven approach to help manage distressing abdominal and IBS (Irritable Bowel Syndrome) symptoms in up to 75% of susceptible people.

## Which foods contain FODMAPs?

<u>F</u> ermentable	Sugars that resist digestion, pass through the digestive tract to the large bowel, where they are <b>fermented</b> .
<u>O</u> ligo-saccharides	"Oligo" means 'few' and "saccharide" means 'sugar', thus individual sugars joined together in a chain. Examples include <b>fructans &amp; galactans</b> found in onion, garlic, wheat, barley, rye, inulin, some dried fruit and legumes (kidney beans, lentils, chickpeas, soy beans).
<u>D</u> i-saccharides	"Di" means 'two'. This is a double sugar molecule. <b>Lactose</b> is the di-saccharide found in milk, yoghurt, some soft cheeses, ice cream, custard and cream.
<u>M</u> ono-saccharides	"Mono" means 'single'. This is a single-sugar molecule. <b>Fructose</b> in excess of glucose found in asparagus, apples, mango, honey, cherries, some dried fruit, pears, juice and high fructose corn syrup.
<u>A</u> nd	
<u>P</u> olyols	Sugar alcohols including <b>sorbitol &amp; mannitol</b> found in cauliflower, mushrooms, snow peas, stone fruit and certain artificially sweetened products e.g. mints and gums.



**Leggo's Classic Tomato**  
with Chunky Tomato & Herb Pasta Sauce

- 🍅 FODMAP FRIENDLY endorsed – look for the green logo
- 🍅 Available in the pasta sauces aisle of your local supermarket
- 🍅 Suitable for the entire family
- 🍅 Australian Made – Echuca, Victoria



The common FODMAP ingredients in pasta sauces are onion & garlic, so low FODMAP sauces are difficult to find in your local supermarket.

**NEW Leggo's Classic Tomato Pasta Sauce** does not contain onion or garlic and is certified FODMAP Friendly, with the green Approved Food Product logo on pack.

Suitable for the entire family, this delicious **Leggo's Pasta Sauce** is ready to heat and enjoy. Add to pasta dishes or use as a FODMAP Friendly replacement in your favourite Italian recipes. Australian made locally in Echuca, Victoria, this Leggo's pasta sauce has a 4 Star Health Rating.

Look for **NEW Leggo's Classic Tomato Pasta Sauce** in the pasta sauces aisle in the middle of your local supermarket.





## GLUTEN FREE GNOCCHI

**PREP: 45 minutes**

**COOK: 60 minutes**

**SERVES: 4**

1kg potatoes, whole and skin on  
1 egg yolk

150g (1 cup) gluten free,  
FODMAP friendly flour,  
plus extra

4 slices prosciutto,  
grilled until crisp

500g jar **Leggo's Classic Tomato  
Pasta Sauce**

Parmesan crisps, for serving  
Green salad, for serving  
Basil leaves, for garnish

**1.** Boil potatoes in a large saucepan for 20-30 minutes or until tender.

**2.** Remove potatoes from saucepan and allow to cool slightly. Peel and discard skins, mash potato. Stir in egg yolk, flour and diced prosciutto until well combined. Season well to taste.

**3.** Sprinkle a little extra flour on the bench. Take approximately  $\frac{1}{2}$  cup of the potato mixture and roll into a long sausage shape 2.5cm in diameter. Cut into 2.5cm pieces and place onto a floured tray. Continue with remaining mixture.

**4.** Bring a large saucepan of water to the boil. Carefully place the gnocchi pieces in the water and cook for 3-4 minutes or until they float to the surface. Drain well.

**5.** Heat **Leggo's Pasta Sauce** in a saucepan over medium heat for 5 minutes or until heated through. Add gnocchi to sauce and toss gently to coat. Serve with a green salad, parmesan crisps and garnish with basil leaves.

**Tip:** To make parmesan crisps, shape 4 x 1 tablespoon of finely grated cheese on a baking paper lined tray to form even small thin circles. Cook under grill for 4-5 minutes or until parmesan has melted and is crisp.



## GLUTEN FREE SPAGHETTI MARINARA

**PREP: 10 minutes**

**COOK: 15 minutes**

**SERVES: 4**

400g gluten free spaghetti  
1 tablespoon olive oil

2 spring onions,  
green only, sliced

1 long red chilli, chopped

500g jar **Leggo's Classic Tomato  
Pasta Sauce**

$\frac{1}{2}$  cup dry white wine

750g fresh seafood marinara

Fresh rocket leaves,  
for garnish

**1.** Cook spaghetti following packet directions.

**2.** Meanwhile, heat oil in a large saucepan, add spring onion, chilli and cook for 2 minutes. Add seafood and toss for 2-3 minutes or until lightly browned. Stir in wine and bring back to the boil. Reduce heat to medium and stir in **Leggo's Pasta Sauce**. Continue to cook for a further 5 minutes or until the larger pieces of seafood are cooked through.

**3.** Drain spaghetti and place in serving dish. Pour over marinara sauce and serve garnished with rocket leaves.

**Tip:** Omit the chilli for a milder option.





## CHICKEN AND FENNEL BAKE

**PREP: 10 minutes**

**COOK: 60 minutes**

**SERVES: 4**

1 tablespoon garlic infused oil  
750g or 4 chicken thigh cutlets, skin on  
1 baby fennel, cut into wedges  
500g jar **Leggo's Classic Tomato Pasta Sauce**  
Oil spray  
Parsley leaves, for garnish  
300g steamed green beans, for serving  
300g roasted sweet potato, for serving

1. Heat oil in a large frypan over high heat. Add chicken and cook for 4-5 minutes on each side or until browned. Remove and set aside.
2. Add fennel to frypan and sauté for 2-3 minutes.
3. Place chicken in a 22cm x 30cm baking dish. Sprinkle over fennel and pour over **Leggo's Pasta Sauce**. Bake in a preheated oven at 180°C for 40-50 minutes or until chicken is cooked. Garnish with parsley leaves and serve immediately with green beans and sweet potato.

*Tip:* Add extra vegetables like capsicum or pumpkin.



## ROASTED RED CAPSICUM SOUP

**PREP: 30 minutes**

**COOK: 55 minutes**

**SERVES: 4**

5 red capsicums, halved and seeds removed  
Oil spray  
1 tablespoon olive oil  
1 teaspoon smoked paprika  
100g thinly sliced prosciutto, chopped  
500g jar **Leggo's Classic Tomato Pasta Sauce**  
Basil leaves and freshly ground black pepper, for garnish

1. Place capsicum cut side down on a baking paper lined tray. Spray with oil and bake in a preheated oven at 200°C for 30 minutes. Wrap capsicum in foil and stand for 30 minutes.
2. Remove and discard capsicum skins, reserving residual liquid. Chop capsicum into a 1.5cm dice.
3. Heat oil in a large saucepan. Cook prosciutto for 3 minutes or until crisp. Add paprika, capsicum, residual liquid and cook, stirring for 2 minutes. Add **Leggo's Pasta Sauce**. Fill empty jar with water, shake to dissolve any residual sauce and add to saucepan. Bring to the boil, reduce heat and simmer for 10 minutes, stirring occasionally.
4. Puree  $\frac{3}{4}$  of the soup until smooth, stir in remaining soup. Reheat if necessary and serve garnished with basil and pepper.

*Tip:* Roasted capsicums are 'steamed' in foil to loosen the skins, making them easy to peel once cooled. Always reserve the residual liquid as it's packed with flavour!





## MEATBALLS WITH ZUCCHINI NOODLES

**PREP: 25 minutes**

**COOK: 20 minutes**

**SERVES: 4**

500g beef mince  
½ cup rice crumbs  
or gluten free breadcrumbs  
1 egg, lightly beaten  
2 tablespoons shredded  
parmesan cheese,  
plus extra for garnish  
2 tablespoons chopped fresh  
parsley, plus extra for garnish  
Finely grated zest of 1 lemon  
1 tablespoon olive oil  
500g jar **Leggo's Classic Tomato  
Pasta Sauce**  
3 large zucchinis

**1.** Combine mince, breadcrumbs, egg, parmesan cheese, parsley and lemon zest in a large bowl. Form into small balls.

**2.** Heat 1 tablespoon oil in a large deep sided frypan over high heat. Add meatballs and cook for 5 minutes or until browned on the outside, turning regularly. Reduce heat to low and add **Leggo's Pasta Sauce**. Simmer covered for 15 minutes or until meatballs are cooked through.

**3.** Meanwhile, to make zoodles peel zucchini lengthways using a julienne peeler to make long strands resembling spaghetti. Place in a heat proof bowl, season well and cover with boiling water. Stand for 2 minutes before draining.

**4.** Place zoodles in a bowl. Top with meatballs and sauce. Garnish with extra parmesan cheese and parsley leaves.

**Tip:** Zoodles are a great substitute for pasta.



## PULLED PORK RAGU

**PREP: 5 minutes**

**COOK: 360 minutes**

**SERVES: 6**

800g piece whole pork scotch  
fillet  
500g jar **Leggo's Classic Tomato  
Pasta Sauce**  
¾ cup polenta  
2 tablespoons grated  
parmesan cheese  
1 tablespoon oil  
2 zucchini, cut into batons  
50g baby spinach leaves

**1.** Place pork in a slow cooker and pour combined **Leggo's Pasta Sauce** and 1 cup of water over the meat. Cover and cook on low for 6 hours or overnight.

**2.** Carefully remove pork from slow cooker. Place sauce from slow cooker in a small saucepan and simmer over a medium heat for 5 minutes or until reduced by half. Meanwhile, pull or shred pork using 2 forks, removing and discarding any fat. Return reduced sauce to shredded pork and toss through. Keep warm.

**3.** Heat oil in a medium frypan. Add zucchini and panfry until almost cooked through. Add spinach and allow to wilt in pan before turning off heat.

**4.** Boil 1L of water in a medium saucepan. Add polenta in a thin stream and whisk until thickened and bubbling. Stir through parmesan and season to taste. Serve with zucchini, spinach and pulled pork ragu.

**Tip:** Pulled pork ragu can also be used as a filling for pies, sliders and wraps.





# TOMATO SHEPHERD'S PIE

**PREP: 15 minutes**

**COOK: 30 minutes**

**SERVES: 4**

1kg potatoes, diced  
2 tablespoons grated  
parmesan cheese  
1 tablespoon oil  
500 lamb mince  
500g jar **Leggo's Classic Tomato  
Pasta Sauce**

**1.** Cook potatoes in a saucepan of boiling water for 10 minutes or until tender. Drain well and mash. Stir in cheese and season to taste.

**2.** Meanwhile, heat oil in a large frypan over high heat. Cook mince for 5 minutes or until browned. Remove from heat, stir in **Leggo's Pasta Sauce**.

**3.** Spread mince mixture over the base of a 22cm baking dish. Top with mashed potato and bake in a preheated oven at 190°C for 20-25 minutes or until golden. Stand for 5 minutes before sprinkling with thyme for serving.

**Tip:** For an extra cheesy mash, stir in ½ cup grated mozzarella cheese with the parmesan in STEP 1.

## FODMAP Top Tips

Best practice is to always read food labels to identify high FODMAP ingredients.

Portion size is important. A 30 gram or ¼ cup serving of almonds is low FODMAP, but going over this serve size will contain a high amount of FODMAPs and potentially lead to abdominal symptoms.

FODMAPs (such as those found in chick peas) are water soluble. During canning the fermentable sugars leach into the liquid in the can. Once the chick peas are drained and rinsed they are low FODMAP at a ¼ cup serve. Be sure to discard the liquid as this remains high FODMAP.

## Tips for spicing up a FODMAP meal:

- The green tips of spring onion or leek adds flavour to dishes
- Red, green or yellow capsicum adds flavour and colour
- Use garlic oil or chives for dishes to replace garlic
- Lactose free milk and cream, soy milk made with soy protein or almond milk can be added at the end of cooking to replace cow's milk in soups, custard or baking (if using almond milk you may need to add extra oil/fat).
- Chilli and green herbs such as parsley & spices, add flavour to dishes and are FODMAP Friendly
- A small sprinkle of parmesan cheese is fine for pasta dishes
- Infuse soups and pasta sauces with leftover parmesan rind during cooking, remove when serving



**FODMAP  
Friendly  
certification  
logo**



## The FODMAP Friendly APP



- Contains a database of all FODMAP Friendly certified manufacturers and products.
- Displays FODMAP levels for hundreds of foods.
- Lists FODMAP dietary specialists around world.
- Available on the iTunes and Android Store worldwide.

The FODMAP Friendly logo is a registered Certification Trademark worldwide.

The FODMAP Friendly organisation validate & certify foods are low in fermentable FODMAP sugars. Look for the green logo on pack on food labels, on websites and in advertising.

The objectives of the FODMAP Friendly organisation are to enable people following a low FODMAP diet to eat & shop with confidence. They produce newsletters, seminars, apps and resources to assist people to follow a low FODMAP diet plan.

For more information see: [www.fodmapfriendly.com](http://www.fodmapfriendly.com)

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