

RECIPES

NUTRITION

> Dysphagia-Solid



Dysphagia

#1

Stewed chicken breast with sweet potato and spinach

4 people fibre/person calories/person protein/person
30 min. **6 g** **250 kcal** **18 g**

This chicken stew will surely hit the freshest, most citrusy notes. An easy recipe with a very smooth consistency that doesn't skimp on flavour. Let's get to work!



Ingredients

- 2 chicken breasts (60g per person)
- 2 sweet potatoes (120g per person)
- 200g of spinach
- 1 tomato (54g per person)
- 2 tbsp of tomato purée (7g per person)
- 1 onion
- 2 cloves of garlic
- 1 tbsp of olive oil (7g)
- Juice from 1 lemon
- Bay leaf, pepper, paprika to taste

Preparation

Start by marinating the chicken (cut into pieces) in lemon juice and zest, pepper, paprika, bay leaf and garlic. Set aside for at least 1 hour.

Then, sauté the onion, the garlic and the bay leaf in the olive oil. Add the diced tomatoes, tomato purée and adjust the seasoning. If necessary, add a little water. Cut the sweet potato into cubes and add to the stew. Leave to simmer until

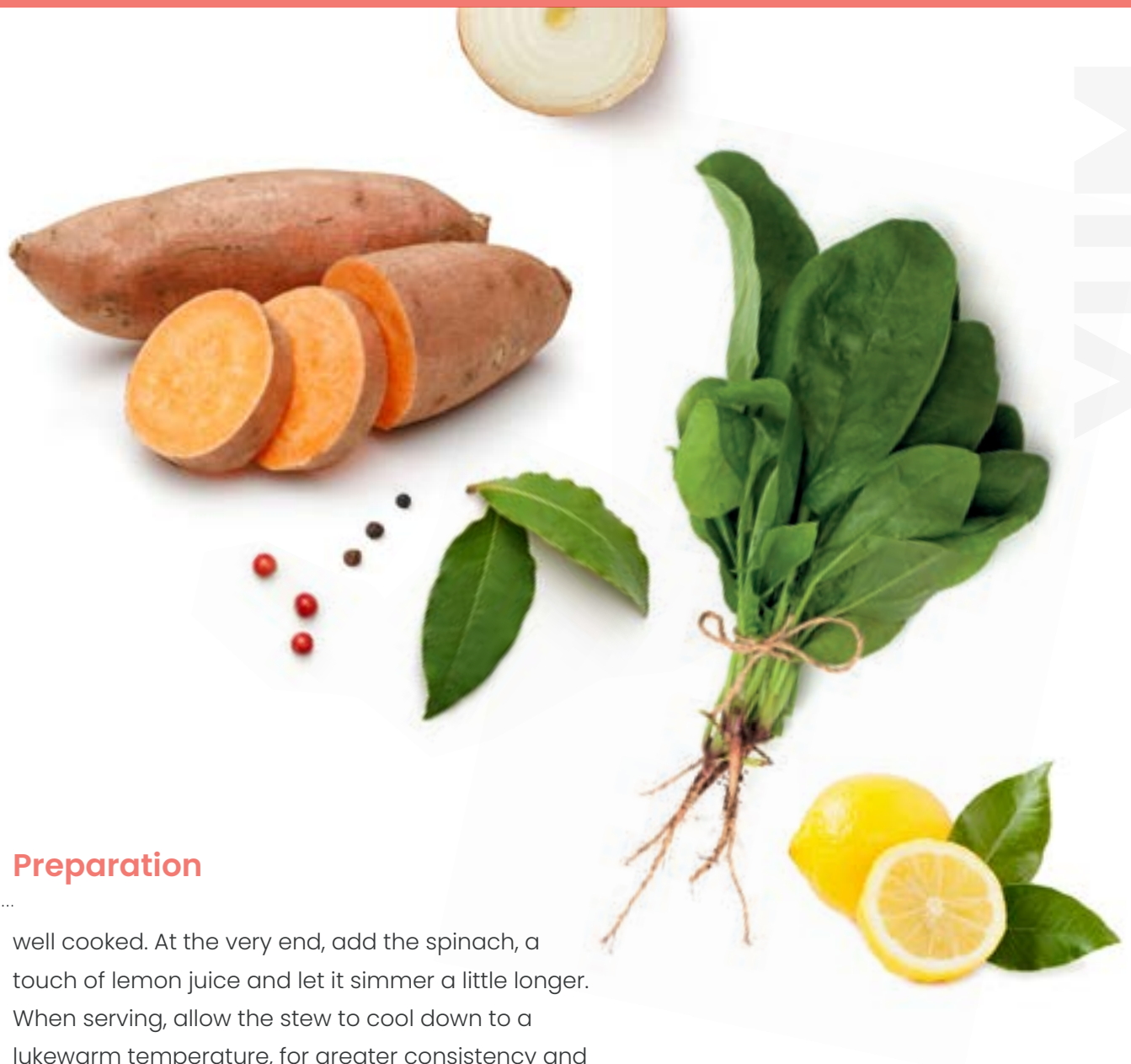
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Dysphagia

#1

Stewed chicken breast with sweet potato and spinach



Preparation

well cooked. At the very end, add the spinach, a touch of lemon juice and let it simmer a little longer. When serving, allow the stew to cool down to a lukewarm temperature, for greater consistency and balance of aroma and flavour.

Tips: • If you want a more mushy meal, prepare all the elements separately, so you can mash and texture them with the xanthan gum to the right consistency. Be sure to serve the dish in layers, as the colour, look and distinctiveness of the different elements are important during the meal.

- Make sure to use a marinade, as it makes the meat softer, tastier and more tender;
- The type of meat is crucial to achieve a more tender dish. Poultry meats, such as chicken, are naturally more tender when compared to red meats;
- When cooking grilled meat, in addition to the marinade, you should always do this over a high-heat so that the meat is well marked on the outside and tender on the inside. Prevent it from getting too dry;
- In the case of minced meat, you should opt to cook the meat first and then mince it, so that it has an homogeneous and even texture and the muscle fibres are tender and easier to swallow. As opposed to raw minced meat, which, when cooked, tends to form small lumps due to protein denaturation, which can make it difficult to properly chew and swallow, and, consequently, cause it to be aspirated;

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Dysphagia

#2 Sea bass fillet with citrus sauce and mashed broad beans

4 people fibre/person calories/person protein/person
30 min. **6 g** **245 kcal** **26 g**

Immerse yourself in the flavour of an outdoor sunset. This sea bass recipe brings together hints of refreshing flavours with the satisfaction of traditional seasonings. Simple and casual. Ready for this recipe?



Preparation

Start by marinating the sea bass fillet with the juice and zest of the lemon, orange, pepper, bay leaf and thyme. Set aside for at least 1 hour. Add a touch of olive oil to the fillet and bake in the oven, at 200°C, for about 20–30 minutes. In a pot of boiling water, cook the broad beans along with the mint stalks and cardamom. Then, sauté the red onion, leek and garlic cloves in a pan with some olive oil. Add the broad beans,

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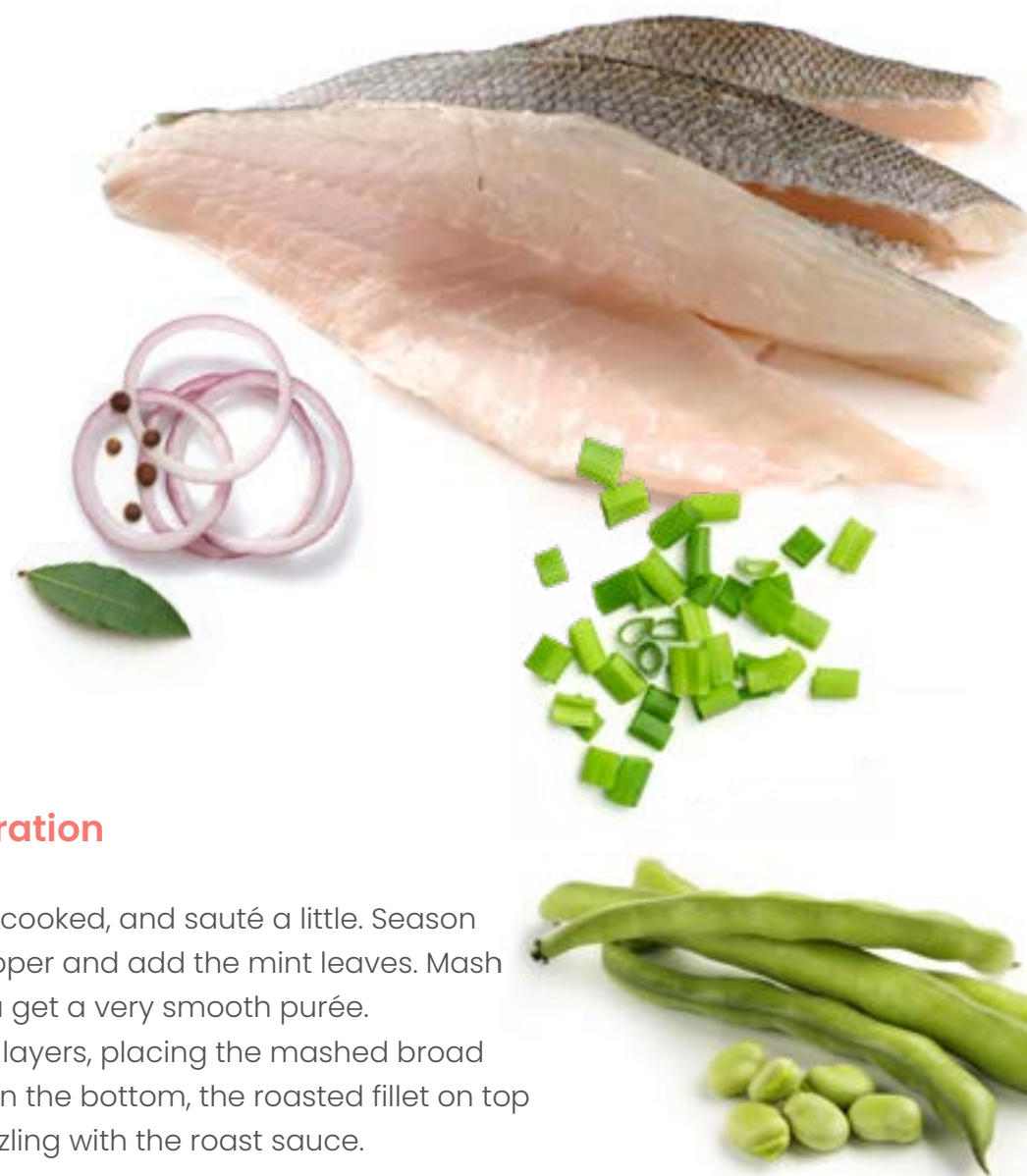
Ingredients

- 400g fillet of sea bass
- 1 red onion
- 2 cloves of garlic
- 1 leek
- 2 tbsp of olive oil (3.5g per person)
- 350g of broad beans (87.5g per person)
- Juice and zest from 1 lemon
- 1 orange
- 30g of fresh mint
- Pepper, bay leaf, thyme



Dysphagia

#2 Sea bass fillet with citrus sauce and mashed broad beans



YUM

Preparation

already cooked, and sauté a little. Season with pepper and add the mint leaves. Mash until you get a very smooth purée.

Serve in layers, placing the mashed broad beans on the bottom, the roasted fillet on top and drizzling with the roast sauce.

Tips: • Marinate the fish before cooking. This step will help tenderise the fish;

• The type of fish is crucial to ensure a more tender and less fibrous dish. Dried cod is an example of a fish that has a lot of muscle fibres, as such, after being soaked, it should be cooked in a bit of milk or plant-based milk to become more tender.

• When cooking grilled fish, in addition to the marinade, you should always do this over a high-heat so that the fish is well marked on the outside and tender on the inside. Prevent it from getting too dry;

• To enhance the flavour of the food, you can use the bones and skin of the fish to make an aromatic broth, thus also cutting down on the amount of salt.

These recipes were created in partnership with Dr Diana Miranda, nutritionist specialised in neurodegenerative disorders, Dr Rita Cardoso, speech and language therapist specialised in problems related to Parkinson's disease and other movement disorders and the chef.