Fresubin®

2 kcal DRINK savoury summer recipes

FRESENIUS KABI
caring for life

Exotic rice salad with shrimps

Ingredients

- *Fresubin 2 kcal DRINK Tomato-Carrot*
- *100 g rice (e.g. basmati)*
- *100 ml coconut milk (tin)*
- *100 ml water*
- *100 g shrimps*
- *1 tbsp. vegetable oil*
- *1 tbsp. soy sauce*
- *1 lime*
- *100 g mango or papaya dices*
- *½ red bell pepper*
- *1 tbsp. honey*
- *2 tbsp. sweet chili sauce*
- *Chopped cilantro or mint leaves*

Nutritional information per serving*

Energy kcal	*661*
Protein g	*25*
Fat g	*23*
Carbohydrate g	*90*
Fibre g	*4*

Servings size
makes 2 servings

Exotic **rice** salad with **shrimps**

Preparation

1. Rinse off the rice and drain. Boil with 200 ml of water until tender and the water is evaporated.
2. Combine coconut milk and Fresubin 2 kcal DRINK Tomato-Carrot in a sauce pan, heat it up and add to the rice.
3. Let it cool a bit, then carefully add diced fruit and red bell pepper.
4. Squeeze out lime juice and mix with honey, chili sauce and salt.
5. Season shrimp with soy sauce, fry in oil, arrange on salad. Garnish with fresh herbs. This dish can be eaten lukewarm or cold.

Mushroom **risotto**

Preparation

1. Peel and finely chop the shallot.
2. Clean the mushrooms and cut them in slices.
3. Heat 2 tablespoons of oil in a pan and sauté the shallots on medium heat.
4. Add mushrooms and simmer briefly.
5. Reduce heat, add the rice, fry shortly. Deglaze with wine, then gradually add the broth and Fresubin 2 kcal DRINK Mushroom.
6. Cook until the rice has absorbed the liquid.
7. Finally add butter and grated parmesan to the rice, season with salt and pepper as well as parsley.

Mushroom risotto

Ingredients

- *Fresubin 2 kcal DRINK Mushroom*
- *1 shallot*
- *50 g mushrooms*
- *1 tbsp. vegetable oil*
- *100 g risotto rice*
- *75 ml white wine*
- *200 ml vegetable broth*
- *Salt and pepper*
- *Fresh parsley*
- *25 g parmesan cheese*
- *1 tbsp. butter*

Nutritional information per serving*

Energy kcal	582
Protein g	21
Fat g	25
Carbohydrate g	67
Fibre g	2

Servings size
makes 2 servings

Italian asparagus pasta salad

Ingredients

- *Fresubin 2 kcal DRINK Asparagus*
- *150 g pasta*
- *250 g green asparagus*
- *30 g green pesto*
- *1 tsp. sugar*
- *2 tbsp. white wine vinegar*
- *30 g black olives*
- *Fresh basil leaves*
- *10 g parmesan cheese*
- *Salt and pepper*
- *1 tbsp. olive oil*

Nutritional information per serving*

Energy kcal	*657*
Protein g	*26*
Fat g	*25*
Carbohydrate g	*84*
Fibre g	*7*

Servings size
makes 2 servings

Italian **asparagus** pasta **salad**

Preparation

1. Cook the pasta in salted water according to the package instructions and deglaze them with cold water.
2. Peel the asparagus only in the lower third and cut into pieces about 2 inches long.
3. Mix Fresubin 2 kcal DRINK Asparagus with pesto using a whisk and season with 1 teaspoon of sugar, 2 tablespoons vinegar, salt and pepper. Stir in 2 tablespoons of olive oil little by little. Mix the pasta with the dressing.
4. Cut the olives in rings and the basil leaves into strips.
5. Heat a pan with some olive oil and fry the asparagus for about 3 minutes on all sides.
6. Combine the dressed pasta with the asparagus and arrange on a large plate. Add grated parmesan cheese, olive rings and basil strips on top.

Cold **asparagus soup**

Preparation

1. Peel the asparagus and cut into pieces of about 2 inches in length.
2. Boil in water with a pinch of sugar for about 15-20 minutes.
3. Remove the asparagus, let it cool.
4. Measure 150 ml from the liquid.
5. Combine cooled liquid and asparagus with Fresubin 2 kcal DRINK Asparagus and puree.
6. Add buttermilk and sour cream, stir well, season to taste with salt and pepper, let it chill in the fridge for at least 2 hours. Garnish soup with dill and smoked salmon slices.

Cold asparagus soup

Ingredients

- *Fresubin 2 kcal DRINK Asparagus*
- *150 g white asparagus*
- *250 ml water*
- *1 pinch of sugar*
- *1 tbsp. butter*
- *2 tbsp. sour cream*
- *100 ml buttermilk*
- *Salt and pepper*
- *75 g smoked salmon*
- *2 stems of dill*

Nutritional information per serving*

Energy kcal	*347*
Protein g	*23*
Fat g	*15*
Carbohydrate g	*32*
Fibre g	*2*

Servings size
makes 2 servings

Wild mushroom salad with herb sauce

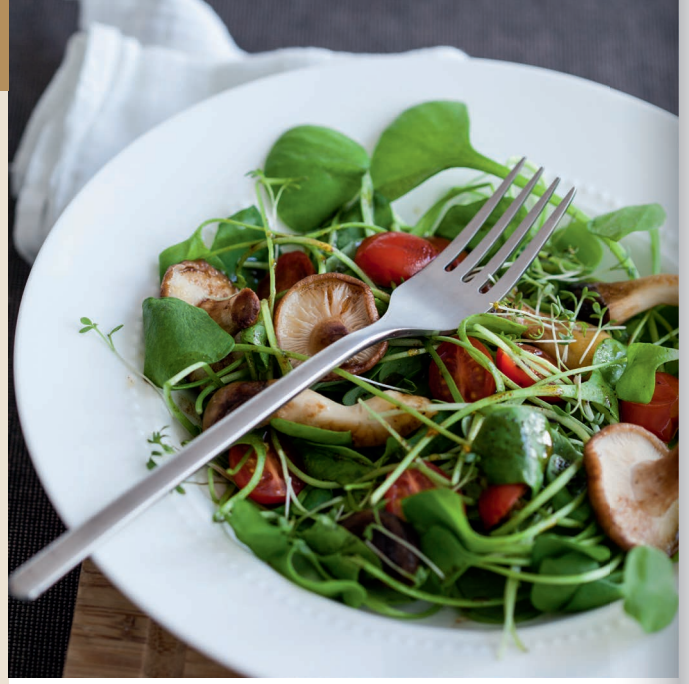
Ingredients

- *Fresubin 2 kcal DRINK Mushroom*
- *300 g mixed wild mushrooms*
- *150 g curled lettuce*
- *1 pear*
- *1 onion*
- *4 tbsp. fresh chervil*
- *2 tbsp. fresh tarragon*
- *2 tbsp. fresh parsley*
- *4 tbsp. white wine vinegar*
- *3 tbsp. canola oil*
- *Salt and pepper*

Nutritional information per serving*

Energy kcal	*498*
Protein g	*16*
Fat g	*30*
Carbohydrate g	*49*
Fibre g	*5*

Servings size
makes 2 servings



Wild **mushroom salad** with herb sauce

Preparation

1. Heat the oil in a frying pan, fry finely chopped onion and mushrooms with occasional stiring for about 3 minutes.
2. Cut the pear into slices, fry for about 3 minutes, season with salt and pepper and allow to cool.
3. Chop tarragon, chervil and parsley.
4. Slowly heat up Fresubin 2 kcal DRINK Mushroom in a pot and add herbs, vinegar and oil.
5. Let it cool for some minutes.
6. Arrange the washed lettuce in a large bowl and serve with mushroom and pear mixture in the middle. Serve with sauce added on top.

Gazpacho

Preparation

1. Clean the vegetables and cut them into pieces (tomatoes do not need to be peeled, cucumbers do).
2. All the ingredients, including Fresubin 2 kcal DRINK Tomato-Carrot, are pureed in the blender, this may be done in several steps, each batch must be given some of the broth.
3. Add bread for the mixing process, it serves the binding.
4. Slowly pour olive oil into the running mixer and add salt, pepper, garlic and chili to taste.
5. Stir well in a large bowl and chill well in the fridge for at least one hour. Ideal for hot days combined with fresh baguette.

Gazpacho

Ingredients

- *Fresubin 2 kcal DRINK Tomato-Carrot*
- *1 small onion*
- *½ cucumber*
- *2-3 tomatoes*
- *½ red bell pepper*
- *1 slice of toast or white bread*
- *2 tbsp. of white wine vinegar*
- *2 tbsp. of olive oil*
- *150 ml of cold vegetable broth*
- *Salt, pepper, garlic, chili to taste*

Nutritional information per serving*

Energy kcal	*418*
Protein g	*14*
Fat g	*23*
Carbohydrate g	*43*
Fibre g	*4*

Servings size
makes 2 servings

Do you ever wish for more variety in your summer routine?

Fold out and see how you can enjoy the savoury variants of the Fresubin 2 kcal DRINK

How do I enjoy the savoury variants of the Fresubin 2 kcal DRINK?

Shake it – quick and easy usage

- Shake the bottle a few times to guarantee a smooth texture

Pour it

- Pour Fresubin 2 kcal DRINK into a microwavable bowl

Heat it

- Easy heating in the microwavable bowl for about 90 seconds (600 watt)

Eat it

- Enjoy the delicious soup that is high in energy (400 kcal), high in protein (20 g) and has Vitamin D (10 µg) – in one 200 ml bottle
- Fresubin 2 kcal DRINK offers a nutrient profile for complete or supplemental nutrition

Enjoy the tasty alternative!

Fresubin 2 kcal DRINK is now also available in the three savoury flavours Asparagus, Mushroom and Tomato-Carrot. **Spice up your choice with some tasty toppings!**

Fresubin

Shake it

Pour it

Heat it

Eat it

Enjoy it

Different materials such as delicious recipes are also available online. For detailed information please explore our online content: **www.fresubin.com**

*Nutritional information estimated according to USDA Food Composition Databases.

Pictures shown are serving suggestions and for illustration purpose only. Dishes may vary due to production processes.

Allergens may be present, please check individual product and ingredients labels.

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