



AYMES

---

# RECIPES

*made with*

## AYMES® SAVOURY

---



CHICKEN



FIRST EDITION - JUNE 2017

## CONTENTS

'Food First' Project and AYMES® Savoury	5
<b>AYMES® Savoury Recipes</b>	<b>5-19</b>
Product Info	20-29
What is AYMES® Savoury?	21
Mixing Instructions	24-25
Complementary Products	26-27
Ingredients & Other Info	28
Nutritional Table	29

## 'Food First' and AYMES® Savoury

The Food First Project was created back in 2012, to address the growing problem of older people becoming malnourished while in hospital, and was initially led by two registered dietitians based at Bedfordshire Primary Care Trust (PCT), now part of South Essex Partnership Trust. (SEPT)

Food First is a concept of using simple ways of providing enhanced nutrition to those who are or at risk of becoming malnourished. It can be useful for patients who still have a good appetite.

This may include		
Additional Snacks	Homemade Nourishing Drinks	Fortified Foods

8 main foods that can be used for fortifying the diet			
Double Cream	Full Fat Milk	Cheese	Sugar
Single Cream	Milk Powder	Butter	Syrup Honey Jam

AYMES® are keen to support the Food First Project, which is why we felt it so important to have savoury and neutral flavours, which can be used to fortify food, and also why we have decided to put together these recipe suggestions.

We hope that these recipe ideas will provide caregivers with a wider choice of options when it comes to providing meals and drinks for their patients, and also that their patients will be able to enjoy a more varied diet of delicious and easy to make hot and cold meals and drinks.

From all at AYMES®,

Please ENJOY!

For further information on Food First go to [www.bapen.org.uk](http://www.bapen.org.uk) and click on the 'Tackling Malnutrition' tab.

# RECIPES

*made with*

## AYMES® SAVOURY

### PLEASE NOTE

Nutritional information values represent 1 portion, these values will vary depending on the different brands of ingredients used. Pictures used are for illustration purposes only, and do not necessarily represent the exact products/recipes given.

## SAVOURY RECIPES


FLAVOUR

PAGE

## QUICK RECIPES FOR CONVENIENCE

Chicken Soup		07
High Calorie Chicken Soup		08
Chicken Pasta with Sauce		10

## RECIPES FOR MORE TIME

Chicken Casserole		12
Chicken Pie		14
Chicken Carbonara		16
Chicken Curry		18

CHICKEN  NEUTRAL 

## QUICK RECIPES FOR CONVENIENCE

## AYMES® Chicken Soup

Ingredients - makes 1 portion

- 1 sachet AYMES® Savoury Chicken
- 200ml Whole Milk

Instructions

- 1 Combine the AYMES® Savoury Chicken with the milk using a fork or a whisk
- 2 Transfer into a pan, gently heating for 3-5 minutes
- 3 Do not boil

**1 Portion | Calories 378kcal | Protein 15.6g | Carbohydrate 43.6g***Serving Suggestion* Serve either on its own or with some bread

## AYMES® High Calorie Chicken Soup

Ingredients - makes 1 portion

- 1 sachet AYMES® Savoury Chicken
- 1 sachet AYMES® Shake Neutral
- 200ml Whole Milk

Instructions

- 1 Combine the AYMES® Savoury Chicken and the AYMES® Shake Neutral powder in a large mug or bowl
- 2 Gently heat the milk until hot
- 3 Do not boil
- 4 Add the hot milk gradually to the powders, whisking the mixture to a smooth consistency

**1 Portion | Calories 638kcal | Protein 25.1g | Carbohydrate 78.1g**

*Serving Suggestion* Serve either on its own or with some bread



## Chicken Soup

## AYMES® Chicken Pasta and Sauce

Ingredients - 2 portions

- 1 sachet AYMES® Savoury Chicken
- 400ml Whole Milk
- 1x120g packet of Pasta with Sauce

Instructions

- 1 Mix together the AYMES® Savoury Chicken with the packet of pasta with sauce and milk
- 2 Put into a saucepan and gradually heat for the recommended time stated on the pasta with sauce packet
- 3 Do not boil
- 4 Serve immediately

**1 Portion | Calories 446kcal | Protein 19g | Carbohydrate 60g**

*Serving Suggestion* Add cooked chicken, mushrooms, sweetcorn, chorizo, peas, carrots, anything you like, to your taste



**Chicken  
Pasta  
& Sauce**



## RECIPES FOR MORE TIME

### AYMES® Chicken Casserole

12

Ingredients - makes 2 portions

- 1 sachet AYMES® Savoury Chicken
- 200ml Whole Milk
- 1 Chicken Stock Cube or Stock Pot
- 200ml hot Water
- 1 Chicken Breast
- 1 large Carrot
- 1 small Onion or Leek
- ½ Swede
- ½ Parsnip
- 1 small Potato
- pinch of Salt and Pepper to taste

Instructions

- 1 Chop up the chicken breast and lightly coat in flour. Place a small casserole dish on the hob and heat a small amount of olive oil. During this time, chop the potato and boil in a separate pan for around 15-20 minutes
- 2 When the oil is hot, add the chicken to the pan and ensure that the outside of the chicken is cooked. Chop a small onion or leek and add to the pan with the chicken, chop the carrot, swede and parsnip and add to the casserole dish
- 3 In a separate pan make the liquid for the casserole. Gently heat the milk, and combine the AYMES® Savoury Chicken. Add 200ml of hot water (or more if you like more liquid) and the stock cube/pot. If you like a thicker mixture, add a little flour
- 4 Drain the potatoes and add these to the casserole dish along with the stock mix, add a pinch of salt and pepper to taste. Put the lid on and place in the oven at 180°C and cook for 20-30 minutes

**1 Portion | Calories 520kcal | Protein 32.1g | Carbohydrate 55.5g**

*Serving Suggestion* If you would like to add dumplings, mix some suet with flour and water as instructed by the suet packet and cook for the recommended time - usually around 20-30 minutes - add these to the casserole dish before it goes in the oven



13

## AYMES® Chicken Pie

Ingredients - makes 2 portions

- 1 sachet AYMES® Savoury Chicken
- 200ml Whole Milk
- 1 Chicken Stock Cube or Stock Pot
- 400ml hot Water
- 1 Chicken Breast
- 1 small Leek
- 2 Rashers of Smoked Streaky Bacon (or use Lardons)
- 1 tbsp Full Fat Crème Fraîche
- Puff Pastry
- pinch of Salt and Pepper to taste
- ½ tsp Thyme (Optional)
- 2 flat tbsp Flour

### Instructions

- 1 Preheat the oven to 190°C. Put the bacon or lardons into a pan on a medium heat and add the thyme (optional). Add a small amount of olive oil and fry off for a few minutes. Chop the leeks and add to the pan and fry them off for 3-5 minutes. Add a pinch of salt and pepper to your taste and place a lid onto the pan, reduce the heat slightly and allow them to cook down for 30 minutes, stirring every 10 minutes to ensure that they do not catch
- 2 During the 30 minutes, chop your chicken breast and fry in another pan until cooked all the way through. When the leeks are cooked, add the chicken to the pan. Add the flour to the pan and stir in well. Mix the AYMES® Savoury Chicken with the milk and mix a stock cube or pot with the hot water
- 3 Add the AYMES® Savoury Chicken mixture to the pan and stir in, followed by 200ml of the stock (you can add more if you like more liquid). Add the crème fraîche, stir in and increase the heat until it boils
- 4 Pour the mixture through a sieve into a pan as most of the sauce will be used for gravy. Retain a small amount with the chicken and leek mixture and place into a small baking dish. Roll out puff pastry and place on top
- 5 Place the pie into the oven for 35-40 minutes. Warm up the gravy in the pan and serve with the pie

**1 Portion | Calories 571kcal | Protein 36.1g | Carbohydrate 51.5g**

*Serving Suggestion* Serve with potatoes and vegetables

**TOP TIP** Also works well with any leftover chicken or turkey





## AYMES® Chicken Carbonara

16

Ingredients - makes 2 portions

- 1 sachet AYMES® Savoury Chicken
- 200ml Whole Milk
- 50g Cheddar or Parmesan Cheese
- 100g Pasta (spaghetti, tagliatelle, fettucine or penne)
- 4 Rashers of Streaky Bacon
- ½ Chicken Breast (optional)

### Instructions

- 1 Boil the pasta in a pan.
- 2 While it is cooking, heat a small amount of olive oil in another pan, add the bacon and the chicken (optional) and allow them to fry off, stirring occasionally
- 3 In another pan, gently heat the milk, adding the AYMES® Savoury Chicken and cheese gradually
- 4 Do not boil
- 5 Cooking time should be around 10-15 minutes, depending on the pasta
- 6 When cooked, place the pasta into a bowl, top with the bacon and chicken, then pour the AYMES® Savoury Chicken and cheese mixture on top
- 7 Sprinkle over a pinch of salt and pepper to your taste and extra cheese if required

**1 Portion | Calories 680kcal | Protein 36.6g | Carbohydrate 55.5g**

*Serving Suggestion* Serve with garlic bread

17



## Chicken Carbonara

## AYMES® Chicken Curry

Ingredients - makes 2 portions

- 1 sachet AYMES® Savoury Chicken
- 200ml Whole Milk
- 1 Chicken Breast
- ¼ Diced Onion
- 1 tbsp Vegetable Oil
- 1 clove Garlic
- ½ tsp Chilli Powder (or to taste)
- 1 tsp Ground Turmeric
- pinch of Salt
- 200g tin Chopped Tomatoes
- ½ tsp Ground Ginger
- 1 tsp Ground Cumin
- 1 tsp Ground Coriander
- 1 tbsp Melted Butter
- ½ Lemon - Juice Only
- 1 handful Fresh Coriander Leaves (optional)
- 1 Sliced Mild-Medium Red Chilli (optional)

### Instructions

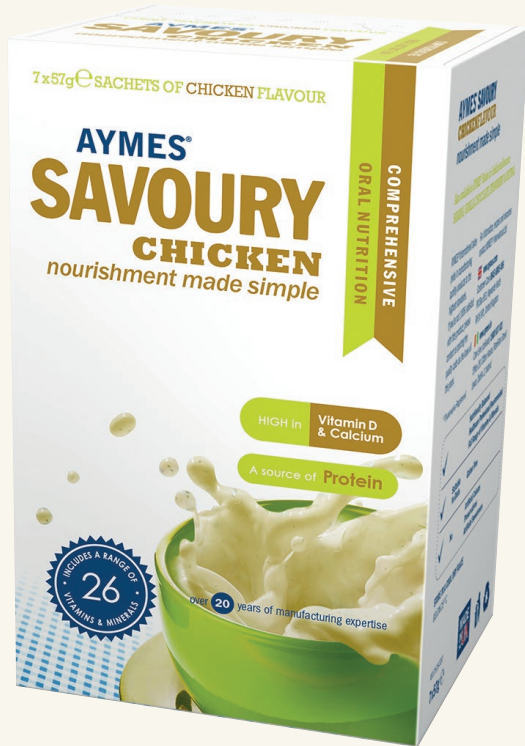
- 1 Heat the oil in a pan and fry the onion and the garlic over a medium heat for 3-5 minutes or until softened. Mix the chilli powder, turmeric and salt together in a bowl until well combined and then add the pieces of chicken to the bowl, mixing until well-coated
- 2 Add the chicken to the pan and fry for 10-15 minutes until cooked through. Add the tomatoes, ginger and ground coriander to the pan and reduce the heat until simmering
- 3 Heat the milk in another pan and add the AYMES® Savoury Chicken
- 4 Do not boil
- 5 Once combined, add the mixture to the curry pan and stir in well. Put the lid onto the pan and cook for 20-30 minutes, stirring occasionally
- 6 Stir in butter and lemon juice to taste

**1 Portion | Calories 645kcal | Protein 32g | Carbohydrate 70.5g**

*Serving Suggestion* Serve with basmati rice and a naan bread. Sprinkling the fresh coriander and chilli on the top to taste (optional)

# Chicken Curry





## What is AYMES® Savoury?

AYMES® Savoury (Chicken Flavour) is a powder, based on skimmed milk powder with added carbohydrate, fat, vitamins and minerals, which provides a nutritionally balanced supplement / sip feed when reconstituted with hot water.

## Where is AYMES® Savoury manufactured?

AYMES® Savoury is made in the UK by a well-known and trusted manufacturer, with over 20 years experience.

## Suggested Intake

1-2 servings a day unless otherwise indicated by the clinician or dietitian.

**IMPORTANT NOTICE**

- Use under medical supervision
- Not suitable as a sole source of nutrition
- Not for parenteral use
- Not suitable for infants

## CONTRAINDICATIONS

Not suitable for patients with soya or cows' milk intolerance or for those with galactosaemia.

## PRECAUTIONS

Use with caution in children under 6 years old.

## Storage

Store in a cool, dry place, below 25°C

## Shelf Life

15 months

How to Enjoy AYMES® Savoury on its own:

Each sachet of AYMES® Savoury (Chicken Flavour) should be reconstituted with 200ml of hot water. It is best served hot.

AYMES® Savoury provides:

- 252 Calories, as well as a full range of vitamins and minerals and 8.8g of protein when made with water

**Please note the sodium / salt content is higher in AYMES® Savoury (Chicken Flavour) than in the sweet varieties**

### Mixing Instructions

You'll need: a kettle, a large mug or bowl, 200ml (1/3 pint) boiled water, one sachet of AYMES® and a whisk or fork

- Boil the kettle
- Carefully pour 50ml of hot water into a mug or bowl
- Add 1 sachet AYMES® Savoury (Chicken Flavour)
- Mix into a smooth cream with a whisk or fork
- Top up to 200ml whilst mixing continuously
- Blend mixture thoroughly
- Consume at preferred temperature

Once reconstituted, AYMES® Savoury (Chicken Flavour) should be consumed as soon as it has reached a safe and comfortable temperature for drinking. Stir before drinking.

Order Code

Pip-code 400-9932



# MIXING INSTRUCTIONS

ILLUSTRATED



## Mixing with a Whisk or Fork

Each sachet of AYMES® Savoury should be reconstituted with 200ml of hot water. It is best served hot.

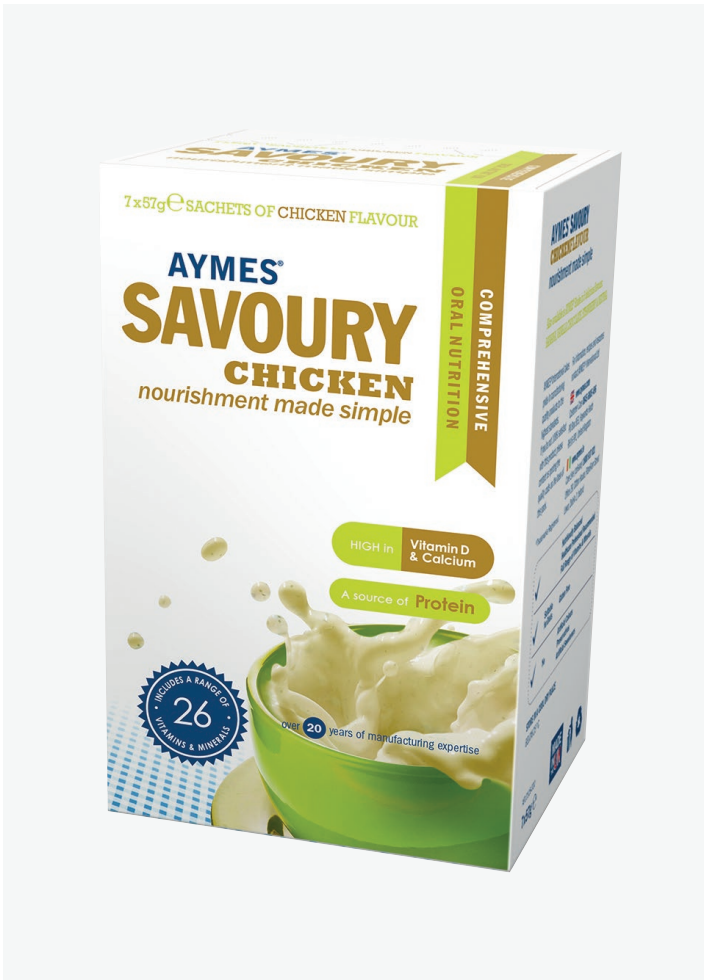
### TAKE CARE WHEN WORKING WITH HOT LIQUIDS

- 1 You'll need: a kettle, a large mug or bowl, 200ml (1/3 pint) boiled water, one sachet of AYMES® and a whisk or fork
- 2 Boil the kettle
- 3 Carefully pour 50ml of hot water into a mug or bowl
- 4 Add 1 sachet AYMES® Savoury (Chicken Flavour)
- 5 Mix into a smooth cream with a whisk or fork
- 6 Top up to 200ml whilst mixing continuously
- 7 Blend mixture thoroughly

**Consume at preferred temperature**

*Once reconstituted, AYMES® Savoury (Chicken Flavour) should be consumed as soon as it has reached a safe and comfortable temperature for drinking. Stir before drinking.*





**AYMES® SAVOURY FLAVOUR**  
 AYMES® Savoury is available in Chicken Flavour

**AYMES® SHAKE FLAVOURS**  
 As well as Neutral, AYMES® Shake is available in 4 flavours: Strawberry, Chocolate, Banana and Vanilla.



## CHICKEN FLAVOUR

Maltodextrin, Skimmed **Milk** Powder, Palm Fat, **Milk** Protein Concentrate, Flavourings (Containing **CELERY**), Potato Starch, Chicken Meat containing Antioxidant: Extracts of Rosemary, Thickener: Cellulose Gum, Potassium Chloride, Potassium Phosphates, Magnesium Carbonates, Vitamin and Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B<sub>6</sub>, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Tricalcium Phosphate, Dried Parsley, Colour: Curcumin, Ground Sage, White Pepper.

### Other Information

<b>Potential Renal Solute Load</b>	mOsm/l	368
<b>OSMOLALITY</b>	mOsm/kg	350
<b>NON-PROTEIN CALORIES:</b> Nitrogen ratio	(kcal/g)	144:1
<b>ENERGY DISTRIBUTION</b>		
Protein	%	14.7
Carbohydrate	%	54.7
Fat	%	30.4
Fibre	%	0.2

Flavour		Chicken	
Typical values		100g powder	57g powder + 200ml hot water
Energy	<i>kJ</i>	1842	1050
	<i>kcal</i>	441	251
Fat	<i>g</i>	14.9	8.5
	<i>g</i>	8.6	4.9
of which: saturates	<i>g</i>	1.2	0.68
polyunsaturates	<i>g</i>	60.3	34.3
Carbohydrate	<i>g</i>	10.9	6.2
total sugars	<i>g</i>	7.5	4.3
lactose	<i>g</i>	0.11	0.06
sucrose	<i>g</i>	2.5	1.4
maltose	<i>g</i>	0.13	0.07
fructose	<i>g</i>	0.62	0.35
glucose	<i>g</i>	49.4	28.1
polysaccharides	<i>g</i>	0.4	0.23
Fibre	<i>g</i>	16.3	9.2
Protein	<i>g</i>	1.8	1.0
Salt	<i>g</i>		
Vitamins			
Vitamin A (RE)	<i>µg</i>	579	330
Vitamin D	<i>µg</i>	9.1	5.1
Vitamin E (α-TE)	<i>mg</i>	8.8	5.0
Vitamin K	<i>µg</i>	53.0	30.2
Vitamin C	<i>mg</i>	54.8	31.2
Thiamin	<i>mg</i>	1.25	0.71
Riboflavin	<i>mg</i>	1.0	0.57
Vitamin B <sub>6</sub>	<i>mg</i>	1.8	1.0
Niacin (NE)	<i>mg</i>	12.1	6.9
Folic acid	<i>µg</i>	187	106
Vitamin B <sub>12</sub>	<i>µg</i>	1.17	0.67
Pantothenic acid	<i>mg</i>	4.5	2.5
Biotin	<i>µg</i>	32.1	18.3
Minerals			
Sodium	<i>mg</i>	720	410
	<i>mmol</i>	31.3	17.8
Chloride	<i>mg</i>	388	221
	<i>mmol</i>	10.9	6.2
Potassium	<i>mg</i>	602	343
	<i>mmol</i>	13.4	8.8
Calcium	<i>mg</i>	458	261
	<i>mmol</i>	11.4	6.5
Phosphorus	<i>mg</i>	264	150
	<i>mmol</i>	8.5	4.8
Magnesium	<i>mg</i>	93.3	53.1
	<i>mmol</i>	3.9	2.2
Iron	<i>mg</i>	6.7	3.8
Zinc	<i>mg</i>	3.6	2.0
Copper	<i>µg</i>	530	302
Iodine	<i>µg</i>	81.1	46.2
Selenium	<i>µg</i>	15.6	8.9
Manganese	<i>mg</i>	0.61	0.34
Chromium	<i>µg</i>	7.0	4.0
Molybdenum	<i>µg</i>	16.0	9.1





Issued by AYMES® International Ltd  
PO Box 853, Haywards Heath, RH16 9PL, UK  
[www.aymes.com](http://www.aymes.com) • 0845 6805496 • [info@aymes.com](mailto:info@aymes.com)

