

Stuffed Mushrooms



2:1 ratio

- **Preparation time:** 15 minutes
- **Cooking time:** 25 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	45.9g	25.9g LCT	
		20g MCT	
Protein	18.5g		
Carbohydrate	3.3g		
Energy (calories)	500kcal		



Enhancing Lives Together

Stuffed Mushrooms



Ingredients	Quantity	Your recipe
Mushrooms, large, heads only	150g	
Smoked tofu	100g	
Garlic puree, e.g. Gia	2g	
Sundried tomato puree, e.g. Gia	2g	
Oregano	2g	
Spring onion, chopped	10g	
Basil, dried	1g	
Sunflower oil	15g	
K-Quik	100g	
Xanthan gum	1g	

Method:

1. Pre heat the oven to 180c or 165c fan gas mark 4.
2. Wash the mushroom heads and place them face down on a baking tray.
3. Place the smoked tofu in the bowl Using a fork mash till you get a mince type consistency.
4. Add the garlic puree, sun dried tomato puree, oregano, spring onions and basil and mix together.
5. Place a frying pan on a medium heat add the oil.
6. Sauté the smoked tofu mixture and cook for 4 minutes in the frying pan.
7. Add in the **K-Quik** and xanthan gum and cook for another 2 minutes.
8. Fill the mushroom heads with the smoked tofu mixture.
9. Place the baking tray into the oven and cook for 20 minutes.



- Use other herbs or spices in the mushroom mixture for example chilli, fajita mix and Cajun spices.

Always check with your dietitian what is suitable for you.
K-Quik is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.