

Sauerkraut Fritters with Herb Sauce



4:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

| Nutritional content | Quantity | | Your recipe |
|---------------------|----------|-----------|-------------|
| Fat | 35.8g | 15.8g LCT | |
| | | 20g MCT | |
| Protein | 4.5g | | |
| Carbohydrate | 4.4g | | |
| Energy (calories) | 358kcal | | |



Enhancing Lives Together

Sauerkraut Fritters with Herb Sauce



| Ingredients | Quantity | Your recipe |
|---------------------------------|----------|-------------|
| Sauerkraut, drained | 125g | |
| Garlic puree, e.g. Gia | 3g | |
| Sundried tomato puree, e.g. Gia | 5g | |
| Fiberflour, e.g. Lonjevity | 10g | |
| Basil, dried | 1g | |
| Sunflower oil | 11g | |
| K-Quik | 100g | |
| Oregano | 2g | |
| Xanthan gum | 1g | |
| Cherry tomatoes, chopped | 30g | |

Method:

1. Place the drained sauerkraut in a bowl along with the garlic puree, sun dried tomato puree, fibre flour and dried basil, combine before dividing the mixture into 3.
2. Shape the sauerkraut into round circular fritter shapes 6cm across and 1cm deep.
3. Place the frying pan on a medium heat add the oil and then place the fritters in and cook for 5 minutes on each side or until golden brown.
4. In a separate pan add the **K-Quik** and oregano and simmer for a few minutes.
5. Add in the Xanthan gum, continue heat gently for approximately 2 mins for the sauce to thicken.
6. Place the cooked fritters on the plate cover with the **K-Quik** herb sauce place chopped tomatoes on the side.



- Other herbs and spices can be used in the sauce 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.

