

Vegan Thai Tofu and Vegetable Curry



4:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	49.2g	34.2g LCT	
		15g MCT	
Protein	8g		
Carbohydrate	4.3g		
Energy (calories)	492kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Slim Noodles	100g	
Sunflower oil	23g	
Garlic puree e.g. Gia	1g	
Spring onions, chopped	20g	
Mushrooms, sliced	25g	
Coriander leaves, fresh, chopped	5g	
Courgette, diced	60g	
Fresh ginger, grated	3g	
Tofu, chopped	50g	
Fresh red chilli, finely chopped	2g	
Green pepper, diced	20g	
Thai 7 spice	3g	
Turmeric, ground	1g	
Coconut milk, no sugar e.g. Alpro	55g	
K-Quik	75g	
Spinach leaves, chopped	50g	

Method:

1. Place the slim noodles in a sieve and wash under cold water.
2. Heat the oil in a large frying pan.
3. Add garlic, spring onions, mushrooms, coriander, courgette, ginger, tofu, chilli, green pepper, Thai 7 spice and turmeric, sauté until the vegetables are soft.
4. Pour in the coconut milk and **K-Quik** and simmer for 3 minutes.
5. Add the chop spinach leaves and slim noodles cook for 2 minutes.
6. Place the Thai curry into a bowl.

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.