

Vegan Tofu and Vegetable Curry



3:5:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	41.9g	26.9g LCT	
		15g MCT	
Protein	7.5g		
Carbohydrate	5.1g		
Energy (calories)	427kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Slim Rice	100g	
Sunflower oil	22g	
Garlic puree e.g. Gia	1g	
Spring onions, chopped	20g	
Mushrooms, sliced	20g	
Coriander leaves, fresh, chopped	2g	
Aubergine, diced	50g	
Fresh ginger, grated	2g	
Tofu, chopped	50g	
Fresh red chilli, finely chopped	2g	
Green pepper, diced	20g	
Fenugreek powder	1g	
Turmeric, ground	2g	
Curry powder	2g	
K-Quik	75g	
Spinach leaves, chopped	50g	
Xanthan gum	1g	

Method:

1. Place the slim rice in a sieve and wash under cold water.
2. Heat the oil in a large frying pan.
3. Add garlic puree, spring onions, mushrooms, coriander, aubergine, ginger, tofu, chilli, green pepper and spices, sauté until the vegetables are soft.
4. Pour in the **K-Quik** and simmer for another 2 minutes.
5. Add the spinach and slim rice cook for 2 minutes.
6. Stir in the xanthan gum, (liquid will start to thicken up) cook for another two minutes.
7. Place the tofu 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.