

Minced Beef and Aubergine Bake



2.3:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	46.4g	30.4g LCT	
		16g MCT	
Protein	17.6g		
Carbohydrate	2.3g		
Energy (calories)	498kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Olive oil	11g	
Aubergine, sliced into thin strips	60g	
Minced beef, raw	60g	
Onions, diced	10g	
Garlic purée e.g GIA	1g	
Tomato purée e.g GIA Sun Dried	5g	
K-Quik	80g	
Water	20g	
Mixed herbs	1 pinch	
Cheddar cheese, grated	20g	
Salt and pepper	To taste	

Method:

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Heat oil in a pan and fry aubergine for 2-3 minutes over a medium heat, turn over half way through cooking until softened and starting to colour. Remove from pan and set aside.
3. Using the same pan, add the minced beef and cook for 3-4 minutes until browned. Add onion, garlic purée and cook until softened.
4. Add tomato purée, **K-Quik**, water and mixed herbs. Continue to cook over a medium heat until the sauce has started to thicken, adding salt and pepper as desired.
5. Lay half of the aubergine slices on the bottom of an oven-proof dish and pour over half the minced beef mixture. Top with half of the grated cheese.
6. Repeat step 5 with remaining aubergine, mince and cheese.
7. Place in the oven for 10 minutes until the cheese has melted.



Always check with your dietitian what is suitable for you

- Serve with permitted vegetables or salad

**K-Quik is a food for special medical purposes and must be used under medical supervision.
These recipes have been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.**