

recipe

### Ratio 3.1:1

- Preparation time: 10 15 minutes
- Cooking time: 30 35 minutes
- Recipe makes: 1 portion



This recipe can be adapted to the following:



### Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	54.1g	37.1g LCT	
		17g MCT	
Protein	14.6g		
Carbohydrate	2.7g		
Energy (calories)	556kcal		

## Kedgeree

Add your own notes on perfecting this recipe to suit you.



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## Kedgeree

Ingredients	Quantity	Your recipe
Olive oil	15g	
Butter	20g	
Cauliflower, finely grated	50g	
Mushrooms, finely chopped	10g	
Spring onions, finely chopped	10g	
Smoked haddock, boneless, skinless & chopped	40g	
Turmeric, ground	A pinch	
Parsley, dried	A pinch	
Coriander, dried	A pinch	
Curry powder	A pinch	
K-Quik	85g	
Water	15ml	
Egg, hard boiled, chopped	1 egg (40g)	





#### Method

- 1. Heat oil and butter in a frying pan over a medium heat. Add cauliflower, mushrooms and spring onions, fry for 2-3 minutes.
- 2. Add haddock, turmeric, parsley, coriander, curry powder, **K-Quik**, and water, cook for 20-25 minutes until liquid reduces.
- 3. Add in chopped egg, stir and cook for 2-3 minutes.
- 4. Mash with a fork then serve.

## For alternative textures...

Below you'll find guidance on how to achieve a different texture for this recipe, if required.

# Always check with your dietitian about what is best suited to your requirements.





- 1. Repeat steps 1-3 of IDDSI level 6 method.
- 2. Add 40ml of boiled water and blend until a smooth thick purée is achieved.





1. Repeat steps 1-3 of IDDSI level 6 method.

2. Add 120ml of boiled water and blend until smooth.



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.

