Lamb Mince Curry



Ratio 2:1

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



Textur

This recipe can be adapted to the following:



Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	24.7g	17.7g LCT	
		7g MCT	
Protein	9.2g		
Carbohydrate	3.0g		
Energy (calories)	271kcal		

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



MT-LMC-1019-V2 August 2022

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IngredientsQuantityYour recipMooli, peeled, finely chopped20gCeleriac, peeled, finely chopped50gSpring onions, finely chopped5g	
Celeriac, peeled, finely chopped 50g	е
Spring onions, finely chopped 5g	
Olive oil 11g	
Lamb mince 40g	
Mushrooms, finely chopped 20g	
Curry powder A pinch	
Garlic purée e.g. GIA 1g	
Tomato purée e.g. GIA Sun Dried 1g	
Chopped tomatoes, tinned* 30g	
K-Quik 35g	

*NB - Tinned tomatoes must be peeled, no skin.





Method

- 1. Add mooli, celeriac and spring onion to a saucepan, cover with water, on a high heat bring to the boil, reduce heat to a simmer for 10 15 minutes until soft, then drain.
- 2. Heat oil over a medium heat, add mince, mushrooms, curry powder, garlic purée and tomato purée and fry for approx. 10 minutes until cooked.
- 3. Add tinned chopped tomatoes and cook for a further 2 minutes.
- 4. Add K-Quik and cook over a medium heat for a further 4-5 minutes, until liquid reduces completely.
- 5. Mash with a fork and 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 1-4 of IDDSI level 6 method.
- 2. Add 70ml boiled water and blend until a smooth thick purée is achieved.
- 3. Consume immediately to prevent thickening.





- 1. Repeat steps 1-4 of IDDSI level 6 method.
- Add 110ml boiled water and blend until smooth and sieve.
- 3. Consume immediately to prevent thickening.



• Any type of mince can be used in this recipe! Note: This may affect the ratio, so always check.



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.

