

Aubergine Lasagne



4:1 ratio

- **Preparation time:** 15 minutes
- **Cooking time:** 25 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	54.9g	34.9g LCT	
		20g MCT	
Protein	9g		
Carbohydrate	4.8g		
Energy (calories)	549kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Smoked tofu	50g	
Garlic puree e.g GIA	3g	
Tomato puree e.g GIA Sundried	10g	
Tinned tomatoes, chopped	50g	
Aubergine	80g	
Sunflower oil	26g	
Basil, dried	0.5g	
K-Quik	100g	
Water	50g	
Xanthan gum	1g	

Method:

1. Pre heat the oven to 180°C / 160°C fan / gas mark 4.
2. Place the smoked tofu in a bowl, using a fork mash until a mince type consistency.
3. Add the garlic puree, sundried tomato puree, chopped tomatoes and stir.
4. Slice the aubergine lengthways into 3 thin slices.
5. Place a frying pan on a medium heat, add the sunflower oil and cook the aubergine for two to three minutes on each side.
6. Place a small saucepan on a low heat, add the **K-Quik**, water, basil and xanthan gum and whisk until a bechamel style sauce is formed.
7. Using a 15cm x 10cm oven proof dish, place a $\frac{1}{3}$ of the tofu mixture on the bottom of the dish.
8. Layer one strip of aubergine on the top of the tofu mixture and pour $\frac{1}{3}$ of the sauce.
9. Repeat the layers until the aubergine, tofu mixture and sauce are used up.
10. Place in the oven and cook for 25 minutes and serve.



- Other herbs and spices can be used in the sauce e.g., chilli, fajita mix and Cajun spices.

**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.**