

# Festive Turkey Quiche



MCT  
recipe

- Preparation time: 15-20 minutes
- Cooking time: 20 minutes
- Recipe makes 1 portion

*Recipe provides approximately:*

Nutritional content	Quantity	% of total energy	Your recipe
MCT	25g	48%	
LCT	15g	29%	
Protein	19g	16%	
Carbohydrate	8g	7%	
Energy (calories)	468kcal	100%	



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# Festive Turkey Quiche



Ingredients	Quantity	Your recipe
<b>Base</b>		
Ground almonds	7g	
MCTprocal™	32g	
Butter	4g	
Water	5g	
Spray oil	1-2 sprays	
<b>Topping</b>		
Sausage, gluten free	10g	
Bacon	10g	
Spring onions, chopped	10g	
Mushrooms, chopped	10g	
Dark turkey meat, cooked	20g	
Egg, beaten	15g	
betaquik®	25g	
Cheddar cheese, grated	6g	
Ground dried sage	A pinch	

## Method:

1. Pre heat oven to 190°C/fan 170°C/gas mark 5.
2. Oven cook or fry sausage and bacon for 5-10 minutes until cooked through and set aside to cool.

### Base

3. Add ground almonds, MCTprocal™ and butter into a bowl, rub together with fingertips until a crumbly texture is achieved.
4. Add water and mix with a spatula to form a dough like mixture.
5. Spray a 3-inch loose bottom mini flan tin with oil and press mixture around tin until evenly distributed.

### Filling

6. Chop cooked bacon, sausage and turkey, add to base with spring onions and mushrooms.
7. Mix betaquik into beaten egg and pour over filling.
8. Sprinkle grated cheese and sage on top and cook for 20 minutes until golden brown.
9. Leave to cool and using loose bottom, remove quiche.