

Cheesy Mushroom Pesto 'Leek Pasta'



- **Preparation time:** 10-15 minutes
- **Cooking time:** 15-20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	13.5g	31%	
Protein	13.1g	13%	
Carbohydrate	11.2g	11%	
Energy (calories)	399kcal	100%	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Leeks	100g	
MCT oil	5g	
Onions, chopped	20g	
Green peppers, sliced	20g	
Mushrooms, sliced	60g	
K-Quik	75g	
Skimmed milk powder	8g	
Cream cheese, low fat e.g. Philadelphia light	28g	
Green pesto, reduced fat e.g. Tesco	28g	
Parmesan, fresh, finely grated	12g	

Method

1. Slice leeks down the centre (to resemble tagliatelle pasta strips/ribbons) and boil for approximately 5 minutes until softened. Drain and put to one side.
2. Heat MCT oil over a medium heat in a frying pan and fry onions until softened.
3. Add sliced peppers and mushrooms and fry for a further 2-3 minutes and set aside.
4. In another saucepan gently heat **K-Quik** and simmer.
5. Mix skimmed milk powder with a small amount of water to make a paste and add to the **K-Quik** whilst stirring continuously.
6. Add cream cheese and pesto. Stir until thickened.
7. Stir vegetables, leeks and $\frac{3}{4}$ of parmesan into the creamy pesto sauce.
8. Top with remainder of grated parmesan and serve.



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.