

# Chicken and Vegetable Bake with K-Quik Shot



- **Preparation time:** 20 minutes
- **Cooking time:** 35-40 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	13.6g	31%	
Protein	15.1g	15%	
Carbohydrate	8.3g	9%	
Energy (calories)	396kcal	100%	



Enhancing Lives Together



# Chicken and Vegetable Bake with K·Quik Shot

Ingredients	Quantity	Your recipe
<b>Chicken and Vegetable Bake</b>		
Olive oil	2g	
Onions, chopped	20g	
Mushrooms, chopped	30g	
Leeks, sliced	50g	
Chicken breast, diced	20g	
<b>K·Quik</b> cheese sauce (see recipe card)	1 portion	
Parmesan cheese, grated	10g	
<b>K·Quik Shot</b>		
<b>K·Quik</b>	50g	

## Method

1. Pre heat oven to 190°C/fan 170°C/gas mark 5.
2. Heat olive oil in a pan and cook onions until softened.
3. Add mushrooms, leeks and diced chicken and cook until browned.
4. Prepare **K·Quik** cheese sauce as per recipe card (one portion is needed for this recipe).
5. Mix chicken, vegetables and cheese sauce together and transfer to an oven proof dish.
6. Sprinkle with grated parmesan and bake for approximately 20 minutes until golden brown and the chicken is cooked through.
7. Remove from oven and serve with 50g shot **K·Quik**.

Serving  
Suggestion

Always check with your dietitian what is suitable for you

- Flavour **K·Quik** shot with sugar free Da Vinci syrup

**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.