

Vegetable Quiche



- **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	20g	47%	
LCT	15g	35%	
Protein	10g	10%	
Carbohydrate	7g	8%	
Energy (calories)	383kcal	100%	



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Base		
Butter	7g	
Ground almonds	7g	
MCTprocal™	24g	
Water	5g	
Spray oil	1-2 sprays	
Filling		
Onions, chopped	10g	
Mushrooms, chopped	10g	
Tomato, chopped	5g	
Red pepper, chopped	10g	
Egg, beaten	15g	
K-Quik	25g	
Cheddar cheese, grated	10g	
Mixed herbs	A pinch	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.

Base

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



Filling

5. Add mushrooms, onions, tomato and pepper to base.
6. Mix **K-Quik** into beaten eggs and pour over the filling.
7. Sprinkle grated cheese and mixed herbs on top and cook for 20 minutes until golden brown.



- Perfect at a picnic, party or part of a packed lunch



K-Quik and MCTprocal are foods 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.