

Stuffed Pepper with Tofu



2.4:1 ratio

- **Preparation time:** 10 - 15 minutes
- **Cooking time:** 30 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	31.7g	21.7g LCT	
		10g MCT	
Protein	9.2g		
Carbohydrate	3.7g		
Energy (calories)	337kcal		



Enhancing Lives Together



Stuffed Pepper with Tofu

Ingredients	Quantity	Your recipe
Green pepper, halved	55g	
Olive oil	10g	
Cauliflower, grated	35g	
Tofu, diced into small cubes e.g Cauldron	50g	
Cheddar cheese, grated	13g	
K-Quik	50g	
Water	25g	
Green pesto	10g	

Method:

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Brush the outside of the pepper with half of the oil and place on a baking tray (cut side down). Roast for 10-15 minutes.
3. Whilst the pepper is roasting, add remaining oil to a frying pan and stir fry the cauliflower for 2 minutes until golden. Add tofu to the pan and stir fry for a further 1 minute.
4. Add **K-Quik** and water to the pan and stir in the pesto. Simmer for 5 minutes until starting to reduce.
5. Check the pepper has softened slightly, remove from oven and fill with cauliflower and tofu mixture.
6. Top with grated cheese and return to oven for a further 10 minutes until cheese has melted and started to brown.
7. Allow to cool for a moment and serve.



- For a different flavour try red pesto, however remember to allow for any additional carbohydrate this may provide.
- For a softer pepper roast on both sides.



Always check with your dietitian what is suitable for you

- Serve with cauliflower 'rice' (see recipe card)

**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.**