

Vegan 'Polenta' and Italian Vegetables



3.1:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 30 minutes
- **Recipe makes** 2 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	Per 1 portion		Per 2 portions		
Fat	31.4g	21.4g LCT	62.7g	42.7g LCT	
		10g MCT		20g MCT	
Protein	6.2g		12.4g		
Carbohydrate	4g		8g		
Energy (kcal)	323		646		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
K-Quik	100g	
Vegetable stock cube	1g	
Ground almonds	50g	
Basil, dried	0.5g	
Olive oil	12g	
Aubergine, cubed	80g	
Tomatoes, tinned, chopped	80g	
Chilli powder	0.5g	
Garlic purée, e.g Gia	3g	
Cayenne pepper	0.5g	

Method:

Polenta

1. Heat **K-Quik** with the stock cube.
2. Add the almonds and simmer for 2 minutes, whilst stirring.
3. Stir in the basil and remove from the heat. Cover and leave 5 mins to thicken.

Vegetables

1. In a separate pan heat the olive oil and add the aubergine, cook for 5 minutes on a low heat.
2. Add tomatoes and simmer for a further 2 minutes.
3. Add and mix in chilli powder, garlic puree and cayenne pepper.
4. Divide into 2 and serve the 'polenta' with the vegetables.



K-Quik is a food for special medical purposes and must be used under medical supervision.

This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.

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