

Thai Chicken Soup



2:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	33.3g	24.3g LCT	
		9g MCT	
Protein	11.8g		
Carbohydrate	4.2g		
Energy (calories)	363kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Olive oil	12g	
Coconut oil	10g	
Chicken breast, finely diced	40g	
Green peppers, diced	10g	
Spring onions, sliced	20g	
Broccoli	20g	
Thai 7 spice	1g	
Chilli powder	1g	
Tomato purée e.g. GIA Sun Dried	1g	
Garlic purée e.g. GIA	1g	
K-Quik	45g	
Stock cube, vegetable	1g	
Water	50g	
Coconut milk	30g	
Beanspouts	10g	
Mooli, spiralised	20g	

Method:

1. Heat olive oil and coconut oil in a saucepan over a medium heat, add the chicken, green pepper, spring onions, broccoli, Thai 7 spice, chilli powder, tomato purée and garlic purée, cook for 5 minutes, stirring occasionally.
2. Add the **K-Quik**, stock cube, water and coconut milk, stir and simmer on a low heat for 5 minutes.
3. Stir in the beansprouts and mooli. Simmer for a further 5 minutes, pour the soup into a bowl and serve.

**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.**