

Beef Bolognese



Ingredients	Quantity	Your recipe
Olive oil	15g	
Beef mince	40g	
Mushrooms, finely chopped	20g	
Spring onions, finely chopped	5g	
Garlic purée e.g. GIA	1g	
Tomato purée e.g. GIA Sun Dried	1g	
Oregano, dried	A pinch	
Chopped tomatoes, tinned*	30g	
K-Quik	40g	

*NB - Tinned tomatoes must be peeled, no skin.



Method

1. Heat oil in a frying pan on a medium heat. Add beef mince, mushrooms, spring onions, garlic purée, tomato purée and oregano, fry for approx. 15 minutes until mince has cooked and vegetables are soft.
2. Add tinned chopped tomatoes and cook for a further 2 minutes.
3. Add **K-Quik**, stirring occasionally and cook until liquid reduces completely.
4. Serve warm.

For alternative textures...

Below you'll find guidance on how to achieve a different texture for this recipe, if required.

Always check with your dietitian about what is best suited to your requirements.



1. Repeat steps 1-3 of IDDSI level 7 method.
2. Add 45ml of boiled water and blend until a smooth thick purée is achieved and sieve.



1. Repeat steps 1-3 of IDDSI level 7 method.
2. Add 80ml of boiled water, blend until smooth and sieve.



• Any type of mince can be used in this recipe!
Note: This may affect the ratio, so always check.



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.

