

Kedgeree



Ingredients	Quantity	Your recipe
Olive oil	15g	
Butter	20g	
Cauliflower, finely grated	50g	
Mushrooms, finely chopped	10g	
Spring onions, finely chopped	10g	
Smoked haddock, boneless, skinless & chopped	40g	
Turmeric, ground	A pinch	
Parsley, dried	A pinch	
Coriander, dried	A pinch	
Curry powder	A pinch	
K-Quik	85g	
Water	15ml	
Egg, hard boiled, chopped	1 egg (40g)	



Method

1. Heat oil and butter in a frying pan over a medium heat. Add cauliflower, mushrooms and spring onions, fry for 2-3 minutes.
2. Add haddock, turmeric, parsley, coriander, curry powder, **K-Quik**, and water, cook for 20-25 minutes until liquid reduces.
3. Add in chopped egg, stir and cook for 2-3 minutes.
4. Mash with a fork then serve.

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 6 method.
2. Add 40ml of boiled water and blend until a smooth thick purée is achieved.



1. Repeat steps 1-3 of IDDSI level 6 method.
2. Add 120ml of boiled water and blend until smooth.



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.

