



## Lamb Mince Curry



Ingredients	Quantity	Your recipe
Mooli, peeled, finely chopped	20g	
Celeriac, peeled, finely chopped	50g	
Spring onions, finely chopped	5g	
Olive oil	11g	
Lamb mince	40g	
Mushrooms, finely chopped	20g	
Curry powder	A pinch	
Garlic purée e.g. GIA	1g	
Tomato purée e.g. GIA Sun Dried	1g	
Chopped tomatoes, tinned*	30g	
<b>K-Quik</b>	35g	

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



### Method

1. Add mooli, celeriac and spring onion to a saucepan, cover with water, on a high heat bring to the boil, reduce heat to a simmer for 10 - 15 minutes until soft, then drain.
2. Heat oil over a medium heat, add mince, mushrooms, curry powder, garlic purée and tomato purée and fry for approx. 10 minutes until cooked.
3. Add tinned chopped tomatoes and cook for a further 2 minutes.
4. Add **K-Quik** and cook over a medium heat for a further 4-5 minutes, until liquid reduces completely.
5. Mash with a fork and 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 1-4 of IDDSI level 6 method.
2. Add 70ml boiled water and blend until a smooth thick purée is achieved.
3. Consume immediately to prevent thickening.



1. Repeat steps 1-4 of IDDSI level 6 method.
2. Add 110ml boiled water and blend until smooth and sieve.
3. Consume immediately to prevent thickening.



**• 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.



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