



## Vegetable Curry



| Ingredients                              | Quantity | Your recipe |
|--|----------|-------------|
| Mooli, peeled, finely chopped            | 20g      |             |
| Green pepper, finely chopped & de-seeded | 15g      |             |
| Celeriac, peeled, finely chopped         | 50g      |             |
| Olive oil                                | 10g      |             |
| Mushrooms, finely chopped                | 20g      |             |
| Spinach, finely chopped                  | 30g      |             |
| Curry powder                             | A pinch  |             |
| Tomato purée e.g. GIA Sun Dried          | 1g       |             |
| Garlic purée e.g. GIA                    | 1g       |             |
| Chopped tomatoes, tinned*                | 20g      |             |
| <b>K-Quik</b>                            | 30g      |             |

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



### Method

1. Add mooli, green pepper and celeriac 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, drain well.
2. Heat oil in a saucepan over a medium heat. Add cooked vegetables, mushrooms, spinach, curry powder, tomato and garlic purée. Cook for 4-5 minutes, until all vegetables are soft.
3. Add tinned chopped tomatoes and cook for a further 1 -2 minutes.
4. Add **K-Quik** and cook for another 4-5 minutes on a medium heat, until liquid reduces.
5. Once cooked 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 40ml of boiled water and blend until a smooth thick purée is achieved.



1. Repeat steps 1-4 of IDDSI level 6 method.
2. Add 100ml of boiled water and blend until smooth.



- **To add some extra protein why not add some chicken breast, fish or Quorn to this meal.**  
Note: This may affect the ratio and IDDSI level, 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.

