

# Asian Wok Noodles



3:1 ratio

- **Preparation time:** 25 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	39.5g	24.5g LCT	
		15g MCT	
Protein	8.3g		
Carbohydrate	4.3g		
Energy (calories)	406kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Teriyaki marinade, e.g . Kikkoman	5g	
Tofu, chopped	50g	
Garlic puree e.g. Gia	1g	
Curry powder	1g	
Coriander leaves, fresh and chopped	1g	
Sunflower oil	24g	
Aubergine, diced	50g	
Ginger, fresh and grated	2g	
Spring onions, chopped	10g	
Green pepper, chopped	20g	
Mushrooms, sliced	10g	
Spinach leaves, chopped	100g	
<b>K-Quik</b>	55g	
Slim noodles	100g	
Xanthan gum	1g	

## Method:

1. Place the slim noodles in a sieve and wash under cold water.
2. In a bowl mix the teriyaki marinade, garlic, ginger, curry powder and coriander.
3. Fold in the tofu and marinade for 15 minutes.
4. On a medium heat, place the oil in a wok or frying pan.
5. Add spring onions, mushrooms, aubergine, green pepper and the marinated tofu cook for 5 minutes
6. Pour in **K-Quik** and simmer for another 2 minutes.
7. Add spinach leaves and slim noodles, cook for 2 minutes.
8. Stir in the Xanthan gum (liquid will start to thicken up), cook for another minute.
9. Place the cooked Asian noodles 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.**

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