

Chicken, Coconut and Vegetable Curry



- **Preparation time:** 10-15 minutes
- **Cooking time:** 30 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	13.5g	30%	
Protein	15.3g	15%	
Carbohydrate	9.4g	10%	
Energy (calories)	400kcal	100%	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Olive oil	9g	
Onions, chopped	20g	
Garlic, crushed	2g	
Chicken breast, diced	45g	
Curry powder	¼ - ½ teaspoon	
Mushrooms, chopped	20g	
K-Quik	100g	
Salt	a pinch	
Red lentils, split, dried	12g	
Spinach	25g	
Desiccated coconut	4g	

Method

1. Heat olive oil in a pan over a medium heat. Add chopped onions and garlic and fry until softened.
2. Add chicken, curry powder, 2g of coconut and chopped mushrooms and stir fry until brown.
3. Add **K-Quik** and lentils (with a pinch of salt) and simmer for 20 minutes. Take pan off heat and stir through spinach.
4. Toast remaining coconut in a dry frying pan.
5. Sprinkle toasted coconut on curry and serve.



- For softer lentils, soak in water 30 minutes before cooking



K-Quik is a food for special medical purposes and must be used under medical supervision.
These recipes have been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.