

Festive Turkey Quiche



- **Preparation time:** 15-20 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	25g	48%	
LCT	15g	29%	
Protein	19g	16%	
Carbohydrate	8g	7%	
Energy (calories)	468kcal	100%	



Enhancing Lives Together

Festive Turkey Quiche



Ingredients	Quantity	Your recipe
Base		
Ground almonds	7g	
MCTprocal™	32g	
Butter	4g	
Water	5g	
Spray oil	1-2 sprays	
Topping		
Sausage, gluten free	10g	
Bacon	10g	
Spring onions, chopped	10g	
Mushrooms, chopped	10g	
Dark turkey meat, cooked	20g	
Egg, beaten	15g	
K-Quik	25g	
Cheddar cheese, grated	6g	
Ground dried sage	A pinch	

Method

1. Pre heat oven to 190°C/fan 170°C/gas mark 5.
2. Oven cook or fry sausage and bacon for 5-10 minutes until cooked through and set aside to cool.

Base

3. Add ground almonds, **MCTprocal™** and butter into a bowl, rub together with fingertips until a crumbly texture is achieved.
4. Add water and mix with a spatula to form a dough like mixture.
5. Spray a 3-inch loose bottom mini flan tin with oil and press mixture around tin until evenly distributed.

Filling

6. Chop cooked bacon, sausage and turkey, add to base with spring onions and mushrooms.
7. Mix **K-Quik** into beaten egg and pour over filling.
8. Sprinkle grated cheese and sage on top and cook for 20 minutes until golden brown.
9. Leave to cool and using loose bottom, remove quiche.

MCTprocal and K-Quik are foods 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.