

# Chicken Curry



2.5:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	47.1g	27.1g LCT	
		20g MCT	
Protein	15.3g		
Carbohydrate	3.3g		
Energy (calories)	498kcal		



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Slim rice	100g	
Sunflower oil	22g	
Chicken, diced	50g	
Garlic puree e.g Gia	1g	
Spring onions, chopped	20g	
Mushroom, sliced	20g	
Coriander leaves, fresh, chopped	2g	
Aubergine, diced	40g	
Fresh ginger, grated	2g	
Fresh chill red, finely chopped	2g	
Green pepper, diced	20g	
Curry powder	2g	
Fenugreek powder	1g	
Turmeric, ground	2g	
<b>K-Quik</b>	100g	
Spinach leaves, chopped	50g	
Xanthan gum	1g	

## Method:

1. Place the slim rice in a sieve and wash under cold water.
2. Heat the oil in a large frying pan.
3. Add chicken, garlic, spring onions, mushrooms, coriander, aubergine, ginger, chilli, green pepper, curry powder, fenugreek and Turmeric and sauté till the chicken is cooked.
4. Add **K-Quik** and simmer for 2minutes.
5. Add the spinach and slim rice, cook for a further 2 minutes.
6. Stir in the Xanthan gum (liquid will start to thicken up) and cook for another 2 minutes.
7. Place into a bowl.

Always check with your dietitian what is suitable for you.  
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.