

# Vegan Filled Omelette



3.3:1 ratio

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

Recipe provides **approximately:**

| Nutritional content | Quantity |           | Your recipe |
|---------------------|----------|-----------|-------------|
| Fat                 | 34.2g    | 28.2g LCT |             |
|                     |          | 6g MCT    |             |
| Protein             | 6.2g     |           |             |
| Carbohydrate        | 4.2g     |           |             |
| Energy (calories)   | 349kcal  |           |             |



Enhancing Lives Together

# Vegan Filled Omelette



| Ingredients                     | Quantity | Your recipe |
|---------------------------------|----------|-------------|
| Tofu, silken                    | 100g     |             |
| <b>K-Quik</b>                   | 30g      |             |
| Black salt                      | 1g       |             |
| Sunflower oil                   | 20g      |             |
| Engevita yeast flakes           | 3g       |             |
| Locust bean gum                 | 2g       |             |
| Vegan butter block e.g. Naturli | 6g       |             |
| <b>Filling</b>                  |          |             |
| Iceberg lettuce                 | 10g      |             |
| Tomatoes, chopped               | 25g      |             |
| Black olives, pitted            | 10g      |             |

## Method:

1. In a bowl mix together the tofu, **K-Quik**, black salt, sunflower oil, yeast flakes and Locust bean gum.
2. Place a frying pan on a medium heat melt the vegan butter block.
3. Add the tofu mixture into the frying pan spread out until has circle is formed cook for two minutes.
4. Turn the tofu omelette over and cook for a further two minutes.
5. Place on a plate, add the iceberg lettuce, chopped tomatoes and olives and fold the omelette over.



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.