

Veggie Chilli

Description: main course dish, great served with keto nachos.

Ingredients:

- 2g ground cumin
- 3g coriander seeds
- 3g chilli powder
- 35g aubergine, raw
- 25g swede, flesh only, raw
- 80g mushrooms, portobello
- 20g spring onions, bulbs and tops, raw
- 30g pepper, capsicum, green, raw
- 14g lentils, green and brown, whole, dried, boiled in unsalted water
- 20g tomatoes, cherry, raw
- 24g butter, unsalted
- 6g KetoCal 3:1 powder



Directions:

1. Chop the vegetables into small pieces with the mushrooms. Grate half and chop the other half.
2. In a frying pan, melt the butter and add the ground spices. Fry for 2 minutes and then add the vegetables. Cook until tender.
3. Add garlic and tomato puree then add lentils.
4. Add enough water and the KetoCal powder and simmer for 5 minutes. Season to taste with salt and pepper.
5. Serve with slim rice or nachos.

Nutritional information (for entire recipe):

Carbohydrate: 8.16
Calories: 347
Fat: 31.15
Protein: 6.47
Ratio: 2.13:1

Disclaimer:

This recipe is for patients or carers of patients who have been prescribed the KetoCal range by a healthcare professional. The KetoCal range are Foods for Special Medical Purposes, for the dietary management of drug resistant epilepsy, and must be used under medical supervision. Always follow the advice of your Healthcare Professional and ensure you consult them before making any changes to your diet.



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