BRIE TOPPED RIB EYE STEAK

- 109g Rib eye beef steak
- 25g Brie
- 22g Butter
- 40g Chestnut mushrooms - MORRISONS
- 50g Tomatoes
- 25g Cucumber
- 25g Spring onions
- 35g Salad of spinach, rocket & red chard – MORRISONS prepared
- 18g New potatoes – in skins boiled in unsalted water

You will also need a little GIA garlic paste, seasoning and olive oil to drizzle.

Prepare a mixed salad with the salad leaves, tomatoes, cucumber and spring onion.
Remove the rind from the brie and then weigh it.
Flatten the steak a little to increase the size!
Melt ½ the butter in a frying pan.
Flash fry the steak on both sides (3 minutes should be enough).
Put the brie on top of the steak, pop under a hot grill to melt.
Place the steak on a warm plate and cover with foil.
Add the remaining butter to a pan with a little Gia garlic paste, black pepper, sliced mushrooms and potato.
Fry for a few minutes, serve with the steak and salad drizzled with a little olive oil & seasoning.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION