MKD RECIPE
3 g CHO

CHICKEN LIVER PATE

- 22g Chicken liver
- 7g Bread – HOVIS best of both
- 5g Soft cheese – PHILADELPHIA full fat
- 14g Butter

You will also need a little GIA garlic paste and some seasoning.

Gently fry the chopped liver in half the butter and a little Gia garlic paste.
When cooled, mash the livers in the Philadelphia, most of the butter including the residue from the frying pan, and some seasoning.
Use the remaining butter to spread on the bread (remove crust before weighing to get a larger piece).
Serve the pate with the bread.
It is up to you how much butter you mash in to the pate, you just need to keep enough to spread on the bread.

Mo’s tip: The bread could be toasted if preferred. Chicken livers are lovely and soft and cook VERY quickly.

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