CHINESE STYLE SALAD

- 25g Cucumber
- 23g Carrots
- 25g Celery
- 21g Mung beansprouts
- 10g Soy sauce
- 60g Chicken – roasted dark meat
- 18g Groundnut oil - MORRISONS
- 5g Cashew nuts – roasted and salted
- 15g Peppers – green capsicum

You will also need 1g of lemon juice and 2g liquid sweetener.

Start by making ‘noodles’ with the cucumber, carrot and celery. This can be done using a spiralizer or vegetable peeler.

Heat the groundnut oil and cook the beansprouts, leave to go cold. If you have been able to find READY TO EAT beansprouts, then all you need to do is toss them in the oil, but DO TAKE CARE, some beansprouts are sold READY TO COOK and they MUST be cooked!

Slice the green pepper as finely as you can.

Add the vegetable noodles to the beansprouts and green pepper.

Shred the chicken and mix in to the vegetables.

In a small bowl mix the soy sauce, sesame oil, lemon juice and sweetener.

Sprinkle the cashew nuts over the salad, I split them to make them look more, and serve with the dressing.

Mo’s tip: For more flavour, a little Chinese 5 Spice could be added to the dressing.

You can use any other cold meat but check the values!

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