HAM, VEGETABLE AND EGG CUP

- 24g Ham – MORRISONS DELI
- 50g Eggs
- 40g Courgette
- 32g Tomatoes
- 20g Cheddar cheese – CATHEDRAL CITY MATURE
- 5g Butter
- 20g Onion
- 12g Olive oil
- 12g Double cream - MORRISONS
- 32g Pepper – green capsicum

You will also need a little seasoning and some dried herbs.

Pre heat oven to 180c / fan 160c / gas 4.

Chop all the vegetables to even sized pieces.

Melt the butter with the olive oil in a pan and gently fry the vegetables until just soft.

Season and add a pinch of dried herbs.

Place the ham in a ramekin dish.

Add the vegetables, then beat the egg and cream and pour over the top.

Place on a baking tray and cook for 15 minutes in pre heated oven.

Top with the grated cheese, return to the oven for a further 5 minutes until the cheese is melted and beginning to brown.

Leave this to stand for 5 minutes then serve (with a little paprika if desired).

Mo’s tip: You could use leftover cooked vegetables for this recipe, but you would need to check the ratio.

This would be good served with a small slice of oven baked keto bread if you have the allowance.

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

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