BEEF DINNER

- 36g Celeriac - raw
- 20g Cabbage - raw
- 9g Butter
- 20g Olive oil
- 15g Beef, topside - raw (lean and fat)
- 6g Double cream

You will also need a small amount of a Knorr beef stock cube/stock pot

Flatten the beef to tenderise (and to make it look more!)

Shred the cabbage.

Cut celeriac into thin chips.

Mix the stock cube with hot water about 25mls stir the cream in to make a sauce.

Fry the celeriac chips in the oil, when they are done flash fry the beef in the same oil.

Lightly cook the shredded cabbage in salted water strain, season and toss in the butter.

You can stir any residue oil into the sauce.

FOR MODIFIED KETOGENIC DIET: Normal portion of Beef can be used.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

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