Little Matty’s prescription.
Little Matty is a fictitious 4 year old who weighs 16 kg.
CLASSICAL KETOGENIC DIET

PORK ESCALOPE with MUSHROOM SAUCE

- 15g Pork loin chops
- 20g Mushrooms
- 11g Spring onions
- 25g Double cream
- 30g Celeriac
- 17g Olive oil

You will also need a seasoning and 1/8 of a KNORR pork stock cube.

Start by bashing the pork out until it is nice and thin, then coat in a little oil and season.
Chop celeriac and boil in a little water until tender, drain well and mash with 2g cream.
Chip onions and mushrooms and fry in the remaining oil, remove from pan and cover with foil.
Add the pork to the pan and flash fry – it will cook quite quickly, put to one side.
Add the stock cube with 15mls of water to the pan with the vegetables and stir in remaining cream until hot.
Serve with the celeriac mash

**Mo’s tip:** MORRISONS sell packs of thin cut pork loin chops, these are ideal and you can make them thinner.

Adapted from our patron Fay Ripley’s cookery book - Fay’s Family Food.

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**

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