STUFFED PEPPER

- 90g Green capsicum pepper
- 10g Feta cheese
- 24g Cream cheese – PHILADELPHIA full fat
- 21g Tomato
- 20g Olive oil
- 31g Stuffed green pimento olives - MORRISONS

You will also need a pinch of mixed herbs and some seasoning.

Pre heat oven to 200c / fan 180c / gas 6.
Remove skin and deseed tomatoes before weighing.
Remove seeds from the green pepper before weighing.
Drizzle a little of the olive oil in to a baking dish.
Halve the olives; stuff the pepper with the tomatoes, olives and cheeses.
Sprinkle with herbs and seasoning and drizzle over remaining oil.
Bake in the oven for approximately 35 minutes.
Cool for 2/3 minutes before serving.

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