

Little Matty's prescription.

Little Matty is a fictitious 4 year old
who weighs 16 kg.

MCT KETOGENIC DIET



27.42 g fat
9.40 g protein
15.02 g CHO
Kcal: 344

BUTTER CHICKEN WITH RICE USING BETAQUIK



- 13g Onion
- 7g Butter
- 3g Olive oil
- 28g Green pepper
- 37g Tomatoes
- 84g Betaquik
- 31g Chicken breast
- 16g Basmati rice - MORRISONS

You will also need some seasoning, a pinch of chilli powder, ½ teaspoon garam masala and ¼ teaspoon GIA garlic paste.

Heat oil and butter on a medium heat.

Add chopped onions and garlic, cook for 1 minute.

Blend chopped tomato and sliced green pepper in a blender or food processor; add to the onion mix with the garam masala, chilli and seasoning as desired.

Stir in the Betaquik and cook until heated through.

Stir in the sliced raw chicken, simmer for 10 – 15 minutes. It does thicken up if you don't cover the pan

Boil the rice in salted water and serve with the butter chicken.

Mo's tip: Blending the tomato and pepper helps with the consistency and also ensures a more even distribution if you batch up.
The butter chicken can be frozen but it is always best to cook the rice fresh when it is needed.

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