CHICKEN PIE

- 15g Chicken breast
- 21g Mushrooms
- 33g Double cream – MORRISONS
- 15g Spring onions
- 2g Mustard powder
- 7g Butter
- 7g Almond flour flurry – HOLLAND & BARRETT
- 9g Self raising flour – McDougalls
- 5g Psyllium husk – TELEPHONE BRAND SAT-ISABGOL
- 11g Sunflower oil

You will also need a pinch of salt and 15mls of water.

Pre heat oven to 180c / fan 160c / gas 5.

Start by making the pastry.
Mix the almond, psyllium husk and flour with a pinch of salt.
Melt the butter and stir in to the flour mix with the water, form a dough, cover it and leave to one side to firm up.

Chop the onions, mushrooms and slice chicken in to small pieces, fry the onion and mushrooms in the oil for 2 minutes, add the chicken and cook for a further minute or two.

Stir in the mustard powder followed by the cream. Place in a ramekin.

Roll the pastry between baking parchment to prevent sticking, form a lid. If you have any pastry left over it can be used to decorate the top.

Brush with a little beaten egg or milk (optional).
Place in pre heated oven for approximately 20 minutes.

This is quite rich and filling.

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

© Matthew’s Friends 2016  Registered Charity Number 1108016