COBBLED SALAD

Example of a cobbled salad - some ingredients differ from the recipe below.

- 18g Avocado
- 18g Cucumber
- 22g Tomatoes
- 18g Carrots
- 20g Eggs – hard boiled
- 20g Iceberg lettuce
- 14g Ham – MORRISONS (from the deli)
- 6g Butter
- 12g Mayonnaise – HELLMANNS
- 9g Olive oil
- 35g Oven baked keto bread

You will also need a good pinch of dried herbs and seasoning.

Reserve the oven baked keto bread and butter.
Mix together the olive oil, mayonnaise and good pinch of dried herbs to make a dressing.
Cut all other ingredients to a similar size. You could grate the carrot if preferred.
Arrange on a platter to form a cobbled effect, serve with the dressing and keto bread spread with butter.

Mo’s tip: You could use quail eggs. You can also vary the salad and vegetables, but you will have to exchange to the correct values

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

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