COTTAGE PIE

- 80g Beef mince
- 14g Butter
- 15g Olive oil
- 2g Cornflour
- 30g Carrots – boiled in unsalted water
- 60g Mushrooms
- 16g Spring onions
- 55g Celeriac – boiled in unsalted water

You might also need some KNORR stock pot or stock cube dissolved in 80mls of hot water and seasoning.

Mash the carrots and celeriac with ½ the butter and a little seasoning.

Chop the onions and mushrooms.

Fry the beef and onions in the oil, add the mushrooms and fry for 2 – 3 minutes.

Add the Knorr stock and cornflour then cook for 15 minutes.

Put in a ramekin, place the mash on top and dot with the remaining butter.

Pop under the grill to brown off or place in a hot oven until brown.

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