CRISPY POTATO CAKES with MCT

- 50g Eggs
- 18g MCT oil
- 6g Cornflour
- 40g Tomatoes
- 10g Bacon rashers - streaky
- 3g Butter
- 52g Potatoes – Maris Piper or King Edwards

Using a VEGGETTI gadget or similar, such as a vegetable peeler, make thin ribbons of potato.
Put the potato in to a cloth and squeeze out as much water as you can – you won’t need to do this with new potatoes.

Stir in the cornflour with some seasoning and 10g of the MCT oil.
Put half the remaining oil with the butter in to a frying pan, put the potato (shaped in to a flattish cake) in to the pan, cover and GENTLY fry until the bottom is brown and crisp, then turn over.

When the potato cake is cooked add the tomatoes and bacon with the remaining oil and fry.
Place on a plate and keep warm while you fry the egg in the same pan.
Serve the potato cake topped with the egg, bacon and tomato. The potato cake goes really crispy. Pour any residue fat over it.

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