MKD MEAL  
5.24 g CHO

FISH PIE

- 30g Cod - raw
- 50g Salmon fillets – MORRISONS FRESH
- 43g Celeriac - boiled in salted water
- 7g Cheddar cheese – CATHEDRAL CITY MATURE
- 32g Double cream – MORRISONS
- 21g Boiled potatoes
- 4g Butter
- 10g Sunflower oil

You will also need a little seasoning and a pinch of dried herbs (optional).

Gently cook the fish in the oil for a few minutes. It will cook quite quickly.
Stir in the cream, with a little seasoning and herbs if using.
Mash the potato and celeriac with the butter.
Put the fish in a small heatproof dish and top with the potato mix.
Top with the grated cheese.
Brown off under a hot grill or pop into a hot oven for a few minutes.

Mo’s tip: This will batch up and freeze, but make sure it is defrosted before re-heating.

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