ROAST LAMB DINNER & DESSERT

- 28g Roast leg of lamb
- 15g Vegetable oil – MORRISONS
- 20g Carrots boiled in unsalted water
- 20g Frozen green or French beans boiled in unsalted water
- 21g Broccoli boiled in unsalted water
- 42g Celeriac boiled in unsalted water
- 10g Butter
- 19g Blueberries - MORRISONS
- 40g Double cream – MORRISONS – extra thick

You will also need a little KNORR ‘Touch of Taste’ or if you prefer stock cube to make the gravy.

Heat the oil in an ovenproof dish, add the celeriac and roast until brown. Keep warm while you make the gravy by adding a little water and the Knorr to the residue oil, stir in a teaspoon of the cream to make a rich gravy. Add the butter to the carrots, beans and broccoli. Serve with the lamb and celeriac. For dessert serve the blueberries with the remaining cream.

Mo’s tip: A pinch of dried mint adds flavour to the veg or gravy.

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