

MKD
5.07 g CHO



40.04 g fat
16.78 g protein
5.07 g CHO
Kcal: 448

ROAST LAMB DINNER & DESSERT



- 49g Roast leg of lamb
- 10g Vegetable oil – MORRISONS
- 22g Carrots boiled in unsalted water
- 18g Frozen green or French beans boiled in unsalted water
- 20g Broccoli boiled in unsalted water
- 35g Celeriac boiled in unsalted water
- 11g Cacao dark supreme – LINDT 90%
- 33g 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.

Reserve 1 teaspoon of the cream.

Melt the chocolate and stir in to the cream to make a chocolate dessert, leave in the fridge until required.

Heat the oil in a small 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, this makes quite a nice gravy.

Serve with the lamb and vegetables.

For dessert serve the chocolate cream.

Mo's tip: You could add a little sweetening to the desert if required. DaVinci syrups are good for this!

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