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 dessert 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

MKD
5.07 g CHO

© Matthew’s Friends 2017 (maff7) Registered Charity Number 1108016