BEEF BURGER

- 30g Almond flour flurry – HOLLAND & BARRETT
- 19g Egg white
- 4g Psyllium husk
- 60g Minced beef – extra lean
- 6g Boursin garlic & herbs
- 10g Sunflower oil
- 15g Tomato ketchup – HEINZ no added sugar
- 10g Butter

You will also need a pinch of salt and ¼ teaspoon BARKAT baking powder, 32g of BOILING water and 2g white wine vinegar.

Pre heat oven to 180c / fan 160c / gas 5.
Mix together the almond flurry with the psyllium husk, baking powder and salt.
Add the egg white and vinegar and mix well.
Pour in the BOILING water and mix until a dough forms.
Grease a baking tray or line with a non stick liner, then shape in to a burger roll.
Brush with a little beaten egg yolk, bake for approximately 40 minutes until cooked through and leave to cool on a wire rack.

Mo’s tip: The rolls can be batched and frozen.
Mix the beef with the Boursin and form in to a burger to fit the roll.
Fry gently in the oil until cooked through.
Serve roll spread with the butter, ketchup and residue oil.

Mo’s tip: To increase the carbs you could add a little onion.

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

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