SHEPHERDS PIE

- 18g Butter
- 30g Carrots
- 105g Celeriac
- 18g Green / French beans
- 56g Mushrooms
- 17g Olive oil
- 80g Lamb mince
- 12g Onions
- 19g Mature cheddar cheese

You will also need a pinch of herbs, some KNORR stock pot or a stock cube dissolved in 80mls of hot water.

Chop the onions and mushrooms.
Fry the minced lamb with the chopped onions and mushrooms in the oil for 3 minutes.
Add the stock and herbs and cook for 15 minutes.
Put in an ovenproof dish.
Boil the celeriac until soft and mash with 10g of the butter, spread on top of the mince.
Grate the cheese then weigh it and sprinkle over the celeriac mash.
Bake in a moderate oven until browned.
Boil the carrots and beans until tender, drain and toss in the remaining butter.
Serve the veg with the shepherd’s pie.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

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