SPICED MEATBALLS & CAULIFLOWER RICE

- 60g Cauliflower
- 7g Eggs
- 10g Keto bread with psyllium
- 64g Lamb mince – MORRISONS BRITISH
- 50g Mushrooms
- 47g Olive oil
- 12g Onions
- 41g Tomatoes tinned - NAPOLINA

You will also need some spices of choice, ¼ teaspoon of GIA garlic paste, ¼ stock cube mixed with 50mls of hot water.

Chop the onion and mushroom.
Make breadcrumbs using the keto bread roll recipe. ***
Mix the minced lamb with some seasoning and ¼ teaspoon of spices of your choice.
Add the breadcrumbs and the egg, form into small meatballs.
Grate the cauliflower to form ‘rice’.
Fry the meatballs gently in the olive oil for 8 – 10 minutes.
Remove and keep warm, put the chopped onions and garlic paste into the same pan and cook for 2 minutes.
Add the mushrooms, these will absorb the oil, cook for 2 minutes.
Add the tomatoes, a pinch of spices to taste and stock with the cauliflower rice.
Cook for 4 – 5 minutes and serve with the meatballs.

**Mo's tip:** You will need to make the bread first, or may already have some in the freezer.
The recipe can be found in Matthew’s Friends Keto Kitchen online.

**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**