HARRY’S FISHCAKE

- 10g Cheese – mature cheddar (grated)
- 8g Coconut oil
- 14g Ground almonds
- 6g KetoCal 3:1 - unflavoured
- 4g Mayonnaise - HELLMANS
- 2g Pesto - green
- 2g Garlic puree – GIA
- 25g Tuna – canned in oil (drained)
- 30g Celeriac

You will also need some salt and pepper.

Reserve 6g of the ground almonds. Boil the celeriac, then lightly mash with a fork, add the cheddar, tuna, Gia garlic, pesto, KetoCal, mayonnaise and the remaining 8g of ground almond with a little seasoning. Mix well forming a ball, then divide into 3 fishcakes. Put in the fridge for approximately 30 minutes to firm up (you can skip this if you are in a hurry!).

Heat the coconut oil in a frying pan. Roll the fishcakes individually in the reserved ground almonds. Fry in the oil until browned on both sides, making sure they heat right through.

Mo's tip: You can use any oil of your choice. Harry’s mum suggests serving with spinach cooked in butter, you will need to add it to the values of course.

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