LIZZIE’S CHOP SUEY

**Follow the instruction on the packet to prepare the slim rice before adding to the pan, it needs rinsing well!!!**

Mo’s tip: If preferred you can roast the vegetables in the oven then go to the next stage of adding the remainder of the ingredients. The veg can be varied but you will need to calculate to reach your required ratio. If more protein is required, add chicken or prawns.

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 diettian and he / she will help you to do this.

Please do not attempt any type of ketogenic diet without medical supervision.

- 135g Slim rice
- 30g Aubergine
- 25g Onion
- 30g Capsicum pepper – green
- 30g Courgette
- 8g Water chestnuts
- 25g Peanut oil
- 3g Sundried tomato puree – GIA
- 5g Lime juice
- 3g Garlic paste - GIA

You will also need approximately 3g of harissa paste according to taste and a little salt and pepper.

Cut all the vegetables into even bite size pieces.
Heat the oil in a wok or frying pan.
Stir fry until just tender (approximately 3 minutes), then add the sliced water chestnuts, tomato puree, garlic puree, rice** and harissa paste.
Stir fry for another two minutes, adding the lime juice at the end with seasoning to taste.