MINI PORK PIES

- 25g Double cream – MORRISONS
- 52g Egg
- 64g Ground almonds – MORRISONS
- 187g Italian mozzarella – MORRISONS
- 15g Psyllium husk
- 200g Pork – joint / slices

You will also need a pinch of dried herbs and some seasoning.

Pre heat oven to 170c / fan 150c / gas 4.
Drain the mozzarella on kitchen roll then cut into small pieces.
Beat the egg and reserve 12g.
Mix together the ground almonds and psyllium husk with a pinch of salt.
Mix the 40g of beaten egg with the cream.
Melt the mozzarella in the microwave for 30 seconds, stir, then melt for a further 30 seconds, you may need to do a further 30 seconds to make sure it has melted.
Beat in the almond mixture and the egg mixture until a dough is formed. It does form a dough honest!!
Weigh the dough and divide by 3.
Reserve 1/3rd of the pastry, roll out the remaining 2/3rds and line deep mini patty tins.
Mince or finely chop the pork, then mix with some dried herbs (sage is nice with pork), salt and black pepper.
Divide equally between the pastry cases, I found a teaspoon of meat fitted perfectly.
Roll out the reserved pastry and cut lids to fit the top of the pies. You may have to just shape the last piece to fit as it may be too small to use the cutter properly.
Brush the top of the pork filling with the reserved beaten egg, then top with the pastry lid, pressing firmly into place.

Cook in a pre heated oven for 25 - 30 minutes.

If you make larger ones, you will need to cook for 30 – 35 minutes/

I made 20 mini pies using a 5.5cm cutter for the base and 4.5cm cutter for the tops.

**Mo’s tip:** The value will depend on the size you have made.
Divide the recipe by the number you have made.
They are VERY low carb so make good party food.
Can be frozen or kept in the fridge for up to 3 days.
I found that if they are made with pre-packed ready minced pork
the pies are not so tasty because they tend to make the mince too lean!!

I made 20 mini pies, each one gives: 6.7g fat / 4.8g protein / 0.3g CHO

**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**