

Shepherd's Pie



2.6:1 ratio

- **Preparation time:** 20 minutes
- **Cooking time:** 60 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

| Nutritional content | Quantity | | Your recipe |
|---------------------|----------|-----------|-------------|
| Fat | 42.7g | 22.7g LCT | |
| | | 20g MCT | |
| Protein | 12.7g | | |
| Carbohydrate | 4.1g | | |
| Energy (calories) | 452kcal | | |



Enhancing Lives Together



Shepherd's Pie

| Ingredients | Quantity | Your recipe |
|---------------------------------------|----------|-------------|
| Olive oil | 8g | |
| Carrot, peeled and diced | 10g | |
| Swede, peeled and diced | 15g | |
| Leek, thinly sliced | 20g | |
| Mushrooms, sliced | 20g | |
| Lamb, minced | 50g | |
| Garlic puree e.g. Gia Garlic Puree | 1g | |
| Tomato puree e.g. Gia Sundried Tomato | 1g | |
| K-Quik | 100g | |
| Celeriac, peeled and diced | 75g | |
| Butter, melted | 2g | |
| Double cream e.g. Morrisons or Tesco | 5g | |
| Cheddar cheese, grated | 5g | |

Method:

1. Pre heat the oven to 180 °C/160 °C fan/gas mark 4.
2. Heat the oil in a medium sized saucepan.
3. Add carrot, swede, leek, mushrooms and lamb to the saucepan, cook on a medium heat for five minutes.
4. Add garlic and tomato purees, cook for a further 2 minutes.
5. Stir in **K-Quik**, cover with a lid and simmer for 25 minutes.
6. Meanwhile, place the celeriac into a separate saucepan, add water to cover it, heat until boiling, reduce heat and cook until soft, approximately 15 minutes.
7. Drain the celeriac and place into a bowl, add melted butter and cream.
8. Use a handheld blender, blend the celeriac until smooth.
9. Add lamb mixture to a 10cm wide ovenproof dish.
10. Using a spoon, spread celeriac mash over the lamb mixture.
11. Sprinkle cheese over the celeriac mash.
12. Bake in the oven for 30 minutes and serve.

K-Quik is a food for special medical purposes and must be used under medical supervision.

This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.

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