

BBQ Beef Burger



1.3:1 ratio

- **Preparation time:** 5 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	28g	23g LCT	
		5g MCT	
Protein	18.8g		
Carbohydrate	3.2g		
Energy (calories)	339kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Olive Oil	3g	
Egg, raw, beaten	3g	
Beef, minced	60g	
MKD bread roll (see recipe, contains MCTprocal [®])	1 roll (approx.63g)	

Method:

1. In a bowl, mix the olive oil and egg.
2. Add the minced beef to the bowl, combine the ingredients together.
3. Shape in to a 5-7cm diameter circle.
4. Place on the BBQ, cook on a medium heat for 3 to 4 minutes, turn over and cook for a further 3 to 4 minutes, to ensure it is cooked inside.
5. Slice the MKD bread roll, place the burger between both halves and serve.



Always check with your dietitian what is suitable for you

- Add sugar-free tomato ketchup or BBQ sauce to the burger e.g. Walden Farms Near Zero.
- Serve with chunky chips (see recipe).



MCTprocal[®] 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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