

# Lamb Hot Pot



3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 70 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	54.6g	29.6g LCT	
		25g MCT	
Protein	13.9g		
Carbohydrate	4.0g		
Energy (calories)	563kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Olive oil	7g	
Carrot, peeled and diced	10g	
Swede, peeled and diced	15g	
Leek, thinly sliced	20g	
Mushrooms, sliced	20g	
Lamb, diced*	75g	
Garlic puree e.g. Gia Garlic Puree	1g	
Tomato puree e.g. Gia Sundried Tomato	1g	
Rosemary, dried	1 pinch	
<b>K-Quik</b>	125g	
Water	50g	
Celeriac, peeled	75g	
Butter, melted	2g	

\* Use non-lean diced lamb or lamb with the highest fat content i.e. 20g per 100g or more.

## 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 and rosemary, cook for a further 2 minutes.
5. Pour in **K-Quik** and water, cover with a lid and simmer for 30 minutes.
6. Meanwhile, place the celeriac into a separate saucepan, add water to cover it, heat until boiling, reduce heat and cook for a further five minutes and, rinse under cold water.
7. Cut celeriac into eight equal slices.
8. Add lamb mixture into a 10cm x 12cm rectangular ovenproof dish.
9. Place the celeriac slices over the lamb mixture and brush with melted butter.
10. Bake in the oven for 40 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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