Beef Pasty

MKD recipe

1.8:1 ratio

- **Preparation time:** 15 - 20 minutes
- **Cooking time:** 20 - 30 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately**:

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	42.7g	32.7g LCT	
		10g MCT	
Protein	18.4g		
Carbohydrate	5g		
Energy (calories)	478kcal		

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Ingredients	Weight	Your recipe
Pastry		
Ground almonds	20g	
MCTprocal	16g	
Butter	8g	
Water	5g	
Filling		
Minced Beef	60g	
Green pepper, finely chopped	5g	
Mushrooms, finely chopped	10g	
Curry powder	1 pinch	
Olive Oil	5g	

Method:

1. Preheat oven to 180°C / 170°C fan/gas mark 4

Filling:

1. Heat the olive oil in a small frying pan over a low-medium heat. Add all the filling ingredients and lightly fry for 10 minutes until minced beef is browned and cooked through.
2. The mixture should be dry, set aside to cool.

Pastry:

1. Add ground almond, butter and **MCTprocal** into a bowl. Rub together with finger tips until a crumbly texture is achieved.
2. Add water and mix with a spatula to form a ball shaped pastry-like dough.
3. Using an A4 sized piece of parchment paper, set the ball in the centre of one half, fold the other half of the paper over the ball, flatten out and roll with a rolling pin to a create a circle shape with the dough, approximately 3mm thick and 12cm diameter.
4. Peel back parchment paper from pastry surface and add cooled filling to one half of the pastry circle, leaving some room at the edge. Moisten this edge with water and fold the pastry over the filling. Crimp the edge using your fingers or fork.
5. Place the uncooked pasty on a baking sheet and bake in the oven for 20-30 minutes until golden brown.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Optional side salad
- Serve with mayonnaise

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.