

ASIAN CABBAGE STIR-FRY



INGREDIENTS

- 1 green cabbage
- 1kg ground beef
- 1/2 tsp salt
- 1 tsp onion powder
- 1/4 tsp ground black pepper
- 1 tbsp apple cider vinegar
- 2 garlic cloves, minced
- 1/2 tsp chili flakes
- 1 tbsp fresh ginger, finely chopped or grated
- 100g butter, divided
- bunch spring onion, chopped in 1/2-inch slices
- 1 tbsp sesame oil (optional)
- dollop of mayonnaise

PROCEDURE



4/5 PEOPLE



FRYING



10 PREP - 30 COOKING

1. Shred the cabbage finely using a sharp knife or a food processor.
2. Fry the cabbage in half of the butter in a large frying or wok pan on medium-high heat. It takes a while for the cabbage to soften, but don't let it turn brown.
3. Add spices and vinegar. Stir and fry for a couple of minutes more. Put the cabbage in a bowl.
4. Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger. Sauté for a few minutes.
5. Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger. Sauté for a few minutes.
6. Add spring onions and cabbage to the meat. Stir until everything is hot. Salt and pepper to taste. Drizzle with sesame oil (or any oil) before serving.
7. Serve the stir-fry warm with a dollop of mayonnaise on top.

TIP

Mix in some grated cheese for extra taste!

8g Carbs | 86g Fat | 31g Protein (per serving)

KETO CHICKEN CASSEROLE



INGREDIENTS

- 1kg chicken pieces
- 200 ml cream or sour cream
- 4 tbsp cream cheese
- 3 tbsp green pesto
- 1 lemon, the juice
- salt and pepper
- 40g butter
- half leek, finely chopped
- 4 tomatoes, chopped
- 150g butter
- 1 cauliflower, cut into small florets
- 1 cup shredded cheese

PROCEDURE



4/5 PEOPLE



BAKING



20 PREP - 45 COOKING

1. Preheat the oven to 200°C.
2. Mix cream and cream cheese with pesto and lemon juice. Salt and pepper to taste.
3. In a large pan over medium high heat, melt the butter. Add the chicken, season with salt and pepper, and fry until they turn a nice golden brown.
4. Place the chicken in a greased baking dish, and pour in the cream mixture.
5. Top chicken with leek, tomatoes and cauliflower.
6. Sprinkle cheese on top and bake in the middle of the oven for at least 30 minutes or until the chicken is fully cooked. If the casserole is at risk of burning before it's done, cover it with a piece of aluminium foil, lower the

7g Carbs | 62g Fat | 37g Protein (per serving)

PORK CHOPS WITH CHEESE SAUCE



INGREDIENTS

- 1 cup grated cheese
- 150g sour cream (1 pottle)
- Pork chops
- salt and pepper
- 300g fresh green beans
- 1/2 bunch fresh asparagus
- 1½ tbsp butter, for frying

PROCEDURE



4/5 PEOPLE



FRYING



5m PREP - 15m COOKING

1. Grate the cheese into a small pot over low heat, let it melt gently. Be careful not to let it burn.
2. When the cheese has melted, add the sour cream and increase the heat a little. Let simmer for a few minutes.
3. Season the chops with salt and pepper.
4. Fry in a skillet on medium heat for 2-3 minutes each side or until just cooked.
5. Pour the pan juices gradually into the cheese sauce. Stir and, if needed, heat it up again, pour into a blender if it has turned gluggy.
6. Trim and rinse the green beans and asparagus. Fry them in butter for a few minutes on medium heat. Season with salt and pepper.

4g Carbs | 60g Fat | 54g Protein (per serving)

KETO LAMB CHOPS



INGREDIENTS

- 1kg lamb chops
- 3 tbsp butter
- 2 tsp dried rosemary
- 2 tsp dried parsley
- 1 tsp salt
- 1 tsp pepper
- 4 cloves of garlic minced
- $\frac{3}{4}$ tsp chili flakes

SALAD

- 1 lemon
- 4 tomatoes, chopped
- lettuce, spinach bunch chopped
- cucumber, chopped
- red onion, diced
- MCT, mayonnaise or olive oil to taste

PROCEDURE



4/5 PEOPLE



FRYING



5 PREP - 10 COOKING

1. Mix together all the dry ingredients (rosemary, parsley, salt, pepper) and the minced garlic and rub the chops with the seasoning.
2. If you have the time, marinate for 30 minutes. If you are short on time don't worry about the marinating time, just a few minutes is fine too.
3. Melt the butter on the skillet and add on the chops.
4. Don't overcrowd the skillet, if you only have a small skillet, do 2 batches of frying.
5. Fry the chops for 4-5 minutes on each side until nice and browned.
6. Serve with salad and drizzle with MCT oil, olive oil or mayo.

2g Carbs | 28g Fat | 46g Protein (per serving)

Lake Local

VEGETABLE MEDLEY



INGREDIENTS

- 300g button mushrooms
- 1 broccoli
- 1/2 tsp salt
- 400g beans
- 6 capsicum
- 1 bunch spinach
- 2 tbsp pumpkin seeds (or nuts)
- 2 tsp minced garlic
- 1 tsp salt
- ½ tsp pepper
- ½ teaspoon chilli flakes (opt)
- 6 tbsp olive oil
- Spring onion half bunch
- 6 bacon rashers (opt)

PROCEDURE



4/5 PEOPLE



FRYING



10 PREP - 10 COOKING

1. Prep all vegetables by chopping them into small, bite size pieces.
2. Heat oil in a pan to high heat. Once hot, add garlic and bacon (if using) and let sauté for 1 minute.
3. Add mushrooms and let them soak up some of the oil. Once they do, add broccoli and mix together well.
4. Let broccoli cook for a few minutes, then add beans. Mix together well.
5. Add capsicum, spices, and pumpkin seeds then mix together well.
6. Once everything is cooked, lay spinach and spring onion on top of the vegetables and let the steam wilt it.
7. Once the spinach wilts, mix it all together and serve.

6g Carbs | 21g Fat | 4g Protein (per serving)

HOW DID IT GO?

Please tell us how you found the Keto Meal Box and it's recipes by providing feedback below i.e. flavour and portions and we will collect it along with your empty box next week. We are just a very small team of mother and son so any help in making your keto experience sustainable will help both of us!

ASIAN CABBAGE STIRFRY

Rating 1 2 3 4 5

CHICKEN CASSEROLE

Rating 1 2 3 4 5

PORK CHOPS & CHEESE SAUCE

Rating 1 2 3 4 5

LAMB CHOPS

Rating 1 2 3 4 5

VEGGIE MEDLEY

Rating 1 2 3 4 5