

Everyday balance

COOKING INSPIRATION FOR PEOPLE LIVING WITH FCS



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This cookbook is meant to inspire and should not be used as a dietary guide.

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PHOTOS: FRIDA EDLUND
GRAPHIC DESIGN: SPRIDA

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Everyday balance

This cookbook was created especially for people living with FCS. It is distributed by Sobi and the recipes were created by Swedish chef Christer Clementson in close collaboration with dietitian Caroline Wallin. Christer, who has been diagnosed with FCS, has combined his broad knowledge of food and his many years of experience as a chef at fine dining restaurants in Stockholm with his experience of living with FCS. The result is 19 recipes that are easy to make, low in fat and sugar-free.

"When I created these recipes, I wanted to show that it's possible to eat good food that's not difficult to prepare. To make everyday life easier. You don't have to have a negative outlook on life just because you have this condition; you can still make really good food and tasty meals."

Christer Clementson was diagnosed with familial chylomicronemia syndrome (FCS) in 2018. A real slap in the face, as he puts it himself. Today, thanks to dietary changes and other measures, he is able to keep his triglyceride levels down and is feeling good.

All recipes have a list of the total amount of calories and fat so you can easily plan your daily caloric intake when preparing a meal from this book. Keep in mind that this cookbook is meant to inspire and should not be used as a dietary guide. Living with FCS means having to follow a strict low-fat diet, but what you can and cannot eat is highly individual. Do consult your nutrition specialist regularly.



Christer's story

My interest in food started when I was about 20. I worked as a painter but lost my job during the financial crisis. Through the Swedish Employment Service I was given an opportunity to study to become a chef.

I quickly became fascinated with and passionate about cooking. So I worked hard and made my way to several high-end restaurants. It was a tough environment with demanding conditions and long working hours which didn't harmonize well with family life.

After 20 years of working in restaurants around Sweden I decided to quit and go back to working as a painter. But all was not lost. It turned out that my cooking skills would later become a very valuable asset to me and my health.

In 2018 I was diagnosed with familial chylomicronemia syndrome, and my life was turned upside down overnight. However, I believe I have had the disease since childhood. Over the years, there were many episodes of severe abdominal pain and pancreatic problems, some of which led to hospitalization. So in the end, getting the diagnosis was tough, but finally knowing what had been wrong all those years was also a welcome relief.

The first time I met with my doctor, I had a triglyceride level of 28 mmol/L, almost 15 times the normal limit of <2.0 mmol/L. When I learned that this disease meant having to adhere to a very restrictive diet, I counted my blessings for the experience I had working as a chef. So I began exploring a whole new way of cooking and today, thanks to my diet, my triglyceride value is just below 2.0 mmol/L.

And this is at the core of my motivation – that I managed to control the situation completely just by changing what I ate. This is what drives me to continue.

My philosophy is to always be one step ahead and to cook my meals from scratch. My weekends are dedicated to cooking and preparing lunchboxes for the coming week. Not only does this save me money, but more importantly, I know exactly what's in them and that they've been perfectly adapted to my dietary needs.

I have reduced all the fat, cream and sugar in my diet. Today my diet includes low-fat minced meat, fat-free pork and chicken. I also use a lot of fresh vegetables and roots, which are both cheap and easy to cook.

Of course I commit the occasional sin and indulge a bit every now and then. But now that I have gotten used to eating like this, those cravings disappear pretty quickly. It's all about sticking to healthy habits. My diagnosis has encouraged me to live a much healthier life, which is great.



Recipes



Breakfast



Homemade muesli

A healthy muesli recipe for an easy, satisfying breakfast. Flavour with your favourite fruits and berries.

48 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
45 MIN	3600	120 G	75	2.5 G

Ingredients

8 dl rye flakes
8 dl rolled oats
2 dl pumpkin seeds
1 dl flax seeds
2 dl dried fruit
3 dl dried berries

Set the oven at 150 degrees.

Mix rye flakes, oats, pumpkin seeds and flax seeds together in a large bowl.

Spread the mixture evenly on a baking sheet and bake for 35–40 minutes until golden brown. Gently toss the mixture a few times during baking.

Remove from the oven and cool for 15–20 minutes.

Chop the dried fruits and berries and mix them in with the toasted muesli.

Serve with fat-free yoghurt or milk.

1 serving = 0.5 dl



Buckwheat porridge

Buckwheat is healthy, satisfying and filling. Vary by serving with your favourite fruits and berries.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
15 MIN	720	4 G	360	2 G

Ingredients

2 dl buckwheat
5 dl water
2 dl fat-free milk
1 dl blueberries
1 pear
1 passionfruit
pinch of cardamom
Salt

Place buckwheat, cardamom, water and a pinch of salt in a saucepan.

Bring to the boil then reduce heat and simmer for about 10 minutes. Stir occasionally.

Serve with fat-free milk, blueberries, passion fruit and sliced pear.





Omelette with cherry tomatoes and sugar snap peas

By removing some of the yolks you get a leaner version of this tasty classic breakfast.

1 SERVING	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
15 MIN	160	5 G	160	5 G

Ingredients

1 egg
2 egg whites
2 tbsp water
100 g cherry tomatoes
100 g sugar snap peas
salt and pepper

Whisk egg, egg whites, salt and water together in a bowl.

Heat a skillet over medium heat and pour in the mixture.

Cook on medium-low heat for 5–8 minutes or until bottom is nicely browned. Flip the omelette over and cook until the other side is browned.

Season with salt and pepper. Serve with cherry tomatoes and thin strips of sugar snap peas.



Smoothie bowl with mango and mint

A super quick and easy breakfast that can be varied according to season.

1 SERVING	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
2 MIN	145	0.5 G	145	0.5 G

Ingredients

1 dl frozen mango
1 dl mint leaves
1 dl fresh strawberries
1½ tsp lime juice
1 tsp stevia
2 dl fat-free milk

Mix all ingredients in a blender
and serve in a bowl.







Broth



Vegetable broth

Broth is an important cooking ingredient and the key to creating tasty savoury dishes. The advantage to making your own broth is that you can control the fat content and the ingredients can be adapted to your taste.

Ingredients

2 yellow onions
1 carrot
1 parsnip
½ celeriac
1 tsp MCT oil
1 bay leaf
5 white peppercorns
2 l water

Peel the vegetables and cut them into medium chunks.

Heat a large saucepan then add the oil. Sautee the vegetables until they are golden brown.

Add water, bay leaves and white peppercorns.

Bring to the boil then reduce to simmering. Cook for about 45 minutes.

Strain the broth and use immediately, refrigerate for up to three days or freeze for up to three months.



Tasty chicken broth

Chicken broth is full of flavour and is perfect for any soup, stew or sauce.

Ingredients

800 g bony chicken pieces (e.g. legs or wings)
2 yellow onions
2 carrots
2 parsnips
½ celeriac
1 bay leaf
10 white peppercorns
1 tsp thyme
7–10 l water

Peel the vegetables and cut them into medium chunks.

Bring water to the boil in a large saucepan then add chicken, vegetables, bay leaf, peppercorns and thyme.

Reduce heat and simmer for about 4 hours. Skim fat from the surface occasionally during cooking.

Add more water if necessary.

Strain the broth and use immediately, refrigerate for up to three days or freeze for up to three months.



Fish & seafood

Classic paella

A classic saffron-infused paella with prawns, mussels and chicken served with aioli and a splash of lemon.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
65 MIN	1,270	13 G	635	6.5 G
HOMEMADE AIOLI	1 TBSP AIOLI	FAT	1 SERVING + 2 TBSP AIOLI	FAT
10 MIN	10 G		26.5 G	

Ingredients

2 tomatoes
 1 tsp MCT oil
 1 g ground saffron
 1 yellow onion
 8 cooked prawns
 200 g mussels (frozen or in water)
 200 g shrimps
 150 g chicken fillet
 5 dl chicken broth
 1½ dl rice
 1 lemon
 1 tbsp fresh parsley
 Salt and pepper

Peeled tomatoes

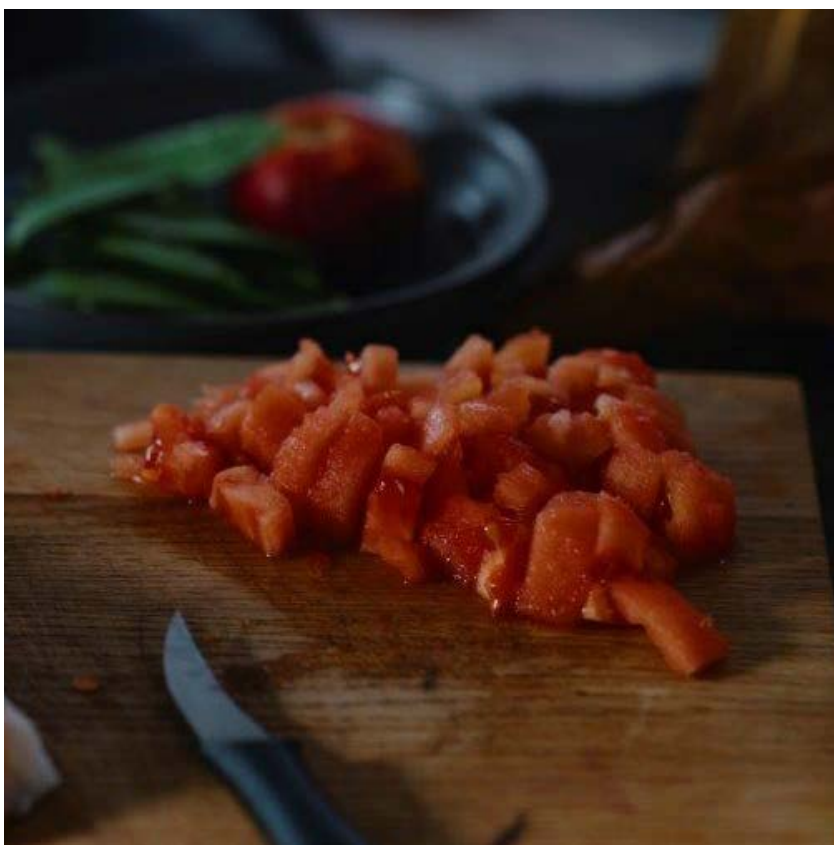
Place the tomatoes upside down on a cutting board and carefully cut a cross through the skin.

Add about 1 l water to a saucepan and bring to the boil.

Lower the tomatoes into the boiling water and let them simmer for a few minutes until the skin starts to peel.

Lift out the tomatoes and rinse with cold water. Let them cool a little then peel the skin off the flesh.

Cut the tomatoes in half and remove the seeds then cut them into medium chunks.





Paella

Peel and finely chop the onion.

Add oil to a heated saucepan and saute the chopped onion and tomatoes over medium heat until soft.

Cut the chicken fillet into bite sized pieces.

Add the rice, chicken and saffron to the pan. Cook while stirring for a few minutes.

Add the chicken broth and 1 tsp salt and bring to the boil.

Let simmer on medium-low heat for about 15 minutes without stirring. Give the pan a gentle shake once or twice during cooking.

Nestle the mussels, shrimps and prawns in the mixture and continue to cook for about 5 minutes.

If the rice is still not done, add a little water and continue cooking until nearly tender.

Remove pan from heat and cover. Allow to rest for about 10 minutes.

Garnish with fresh parsley and lemon slices. Serve.

Aioli

Adding aioli is optional. Sometimes there are low-fat or fat-free options available at the store. The next page has a recipe for mayonnaise and aioli based on MCT oil.



Mayonnaise and aioli

Homemade mayonnaise may seem tricky but is actually quite easy. The key to success is using room temperature eggs.

One tablespoon of mayonnaise contains about 10 g of fat.

Ingredients

2 egg yolks
1 tsp Dijon mustard
2 cloves garlic
1–2 tbsp white wine vinegar
MCT oil

Mayonnaise

Whisk the egg yolks in a bowl then add the mustard and whisk together.

Whisk in oil gradually, very slowly at first. Whisk continuously until thickened.

Whisk in vinegar. The mixture will loosen a bit.

Continue to gradually add oil, whisking continuously, until you are satisfied with the consistency.

Season with salt to taste.

Aioli

To make aioli, follow the above steps to create a mayonnaise base then simply add 1–2 cloves finely chopped or minced garlic.





Oven baked Asian-style fish with jasmine rice

Your favourite whitefish baked in foil with Asian flavours, served with jasmine rice and mayonnaise.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
45 MIN	730	6 G	365	3 G
HOMEMADE AIOLI	1 TBSP AIOLI FAT		1 SERVING + 2 TBSP AIOLI FAT	
10 MIN	10 G		23 G	

Ingredients

300 g whitefish fillets
1 tsp freshly grated ginger
1 tsp finely chopped lemongrass
1 lime
Lime leaves
1 tsp MCT oil
1½ dl jasmine rice
Salt and black pepper

Set the oven at 225 degrees.

Place the fish fillets on a foil sheet large enough to wrap into a packet.

Season the fish fillets with salt, lemon grass, lime juice, ginger, lime leaves and oil.

Close the foil packet carefully. Bake for about 20 minutes.

Cook rice according to package directions.

Serve with jasmine rice and mayonnaise (RECIPE ON PAGE 43).







Parma-wrapped cod with pak choi

Cod wrapped in Parma ham served with sauteed vegetables.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
25 MIN	510	14 G	255	7 G

Ingredients

300 g cod fillets
50 g Parma ham
½ pak choi
½ red onion
¼ red bell pepper
¼ green bell pepper
100 g kale
10 cherry tomatoes
1 tsp MCT oil
Salt and black pepper

Set the oven at 175 degrees.

Place the cod fillets on a cutting board and season both sides with salt and pepper. Wrap each fillet in two slices of Parma ham.

Place the fish on a baking sheet and bake for 15–16 minutes. When the cod is done, it should flake easily with a fork.

Slice the peppers, onion, kale and pak choi. Chop the cherry tomatoes.

Heat a pan then add the oil. Sautee the vegetables over medium heat until soft.

Season with salt and black pepper to taste.



Boiled cod with mashed potatoes

Boiled cod and mashed potatoes served with a creamy thyme-flavoured vegetable sauce.

2 SERVINGS	TOTAL		PER SERVING	
 40 MIN	KCAL	FAT	KCAL	FAT
	660	3 G	330	1.5 G

Ingredients

300 g cod fillet
100 g celeriac
1 parsnip
½ carrot
½ yellow onion
5 medium potatoes
1 tsp thyme
Salt and black pepper

Place the cod in a saucepan and cover with salted water. Simmer for 5–7 minutes depending on the size of the fillet.

Peel the potatoes and place them in a pot. Cover with salted water. Bring to the boil then reduce heat and simmer for about 20 minutes.

Peel the vegetables and chop them fairly fine. Place in a separate pot with water. Bring to the boil then reduce heat and simmer until the vegetables are soft.

Blend the vegetables with a hand blender until smooth and creamy. Add thyme then salt and pepper to taste.

Press or mash the potatoes.

Plate the mash and place the cod fillet on top. Pour the vegetable sauce over and serve.



Chicken & turkey

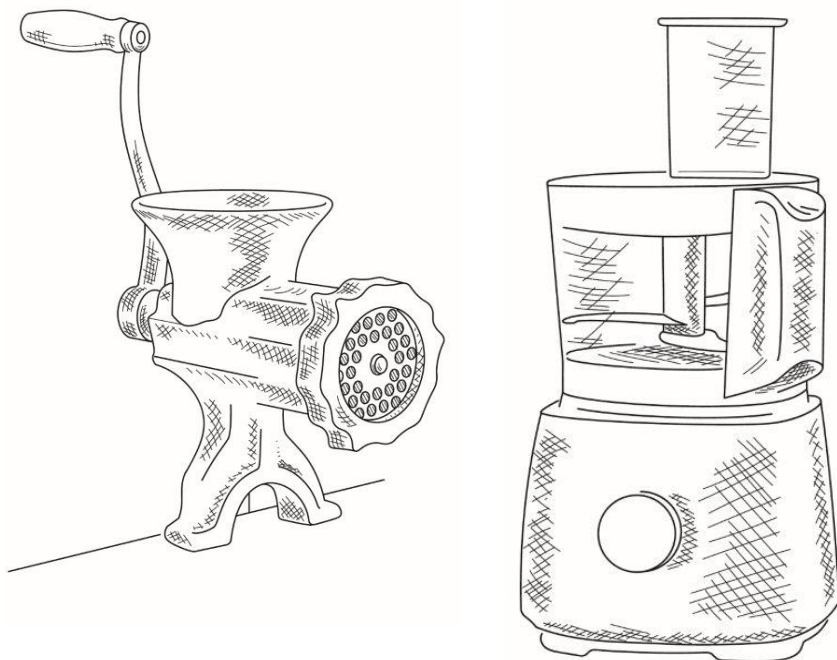


Make your own minced meat

By grinding your own meat, you can control the fat content and texture of the final product. It's also cost-effective and easy.

Using a food processor or blender is the easiest and quickest way to mince meat. You could also use a manual meat mincer.

Even though chicken and turkey fillets are lean they are easy to mince. Mince from these cuts usually contain 5–10% fat. If you are mincing pork or beef, be sure to pick cuts with as little fat as possible and cut off any excess fat before mincing.



How to mince meat

Wash your hands thoroughly before starting.

Cut meat into medium cubes.

Put the cubed meat in the freezer for 15 minutes.

Put a few cubes of meat in a food processor and process until meat is coarsely or finely minced depending on your preference. Transfer the minced meat to a clean bowl then repeat with the remaining meat. Use immediately or freeze until ready to use.

Freezing

Freeze meat quickly to prevent ice crystals.

Divide meat into meal-sized portions to make it easier to thaw and prepare later.

A vacuum sealer is ideal for packaging and storing meat. If a vacuum sealer is not available use freezer paper and freezer bags. Place the meat in plastic bags and seal tightly. Make sure zip-top bags are airtight.

Label plastic containers with the cut of meat and date of purchase. Doing so will ensure that you use the meat within an appropriate amount of time and nothing goes to waste.

A quick fix

Use a box grater to shred a frozen chicken or turkey fillet. Let the fillet thaw a little before shredding and use the largest shredding holes.



Chicken curry with carrot

A creamy chicken curry served with rice and boiled carrots.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
35 MIN	1000	11 G	500	5.5 G

Ingredients

2 chicken fillets
3 tsp curry paste
1 tsp MCT oil
4 dl chicken broth
1 dl fat-free milk
2 carrots
1 yellow onion
1 apple
1½ dl rice
1 dl fat-free yoghurt (optional)
Salt

Cut the chicken fillets into bite-sized pieces. Peel the apple and onion and chop fairly fine.

Heat a pan and add the MCT oil. Sauté the chicken until nicely browned.

Add apple, onion and curry paste to the pan and cook for a few minutes.

Add fat-free milk and broth and bring to the boil, then reduce the heat and simmer for about 20 minutes stirring occasionally.

Cook rice according to package directions.

Peel the carrots and cut into about 5 mm slices. Place the slices in a pot and cover with water. Boil for 4–5 minutes

Serve the chicken curry with rice, carrots and a spoonful of natural fat-free yoghurt.



Chicken ragu with rice and cucumber

A spicy chicken ragu served with rice and shredded cucumber.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
30 MIN	870	5 G	435	2.5 G

Ingredients

250 g minced chicken
3 tomatoes
½ chilli
1 yellow onion
2 tbsp tomato paste
3 dl chicken broth
2 garlic cloves
1½ dl rice
½ cucumber
Salt and black pepper

Cut the tomatoes in half and remove the seeds, then cut the tomato into small cubes.

Peel the onion and garlic and chop fine.

Scrape out the seeds from the chilli and chop fine.

Place the minced chicken, onion, garlic and chili in a pan and saute on medium heat until the meat is cooked through.

Add the chicken broth, tomato paste and diced tomatoes and simmer for 15–20 minutes. Season with salt and pepper to taste.

Serve in a bowl with rice and shredded cucumber.



Braised turkey with fennel and purple carrots

Braised turkey fillet served with orange-flavoured fennel and shredded purple carrots.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
60 MIN	980	10 G	490	5 G

Ingredients

2 turkey fillets
1 fennel bulb
2 purple carrots (or any other colour)
1 red onion
1 orange
½ lemon
3 dl chicken broth
1 tsp MCT oil
1½ dl risoni
Salt and black pepper

Shred the fennel. Peel and shred the carrots and onion.

Grate the zest from one orange and half a lemon.

Heat the MCT oil in a skillet. Brown the turkey fillets over high heat.

Transfer the fillets to a plate. Saute the fennel, carrots and onion until soft.

Stir the lemon and orange zest into the vegetables.

Return the turkey fillets to the pan.

Add the broth and cover the pan. Simmer until the inner temperature of the fillet reaches 75 degrees.

When the meat is done, transfer to a plate and tent with foil. Let rest for about 10 minutes.

Bring the vegetables to the boil and season with orange juice. Simmer a few minutes. Season with salt and pepper to taste.

Slice the turkey fillets. Put the vegetables on a plate, place the meat on top and pour over a little broth from the pan. Serve with risoni.





Dried tomatoes

Sundried tomatoes are usually stored in oil, so making them yourself is a good fat-free alternative. Dried tomatoes lose most of their liquid content but retain their sweetness and nutrients, so what you're left with is the dried tomato flesh with a deliciously concentrated flavor. They can be used in salads, sauces, pastas and countless other dishes where you want a punch of intense tomato flavour.

Cut the tomatoes in half and place them insides up on a baking sheet. Sprinkle with sea salt, your favourite dried herbs and freshly ground black pepper.

Set the oven at 125 degrees. Bake the tomatoes for 2–6 hours, depending on their size and the consistency and texture you want. The longer they are in the oven the more leathery they'll get.

A quick fix

Cut cherry tomatoes in half and season with herbs and sea salt. Bake at 200 degrees for about 20 minutes.



Spaghetti and meatballs

Spaghetti and meatballs with a smooth tomato sauce and fresh gremolata.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
60 MIN	980	6 G	490	3 G

Ingredients

250 g minced chicken
1 egg white
1 yellow onion
2 dl chicken broth
2 dl dried tomatoes (not in oil)
1 tbsp tomato paste
Salt and black pepper
140 g spaghetti

Peel and finely chop the onion.

Place the minced chicken, onion, egg white, 1 tsp salt and a pinch of pepper in a large bowl. Mix until just combined then form into balls.

Place the meatballs in a large pot of boiling water. Meatballs are done when they float to the surface.

Finely chop the dried tomatoes.

Saute the tomatoes and tomato paste in a saucepan over medium heat for a few minutes, then add the broth.

Simmer for about 10 minutes. Using a hand blender or food processor, mix until smooth and creamy. Season with salt and pepper to taste.

Cook spaghetti until al dente.

Place spaghetti and meatballs on a plate and pour the tomato sauce over. Serve with fresh gremolata.





Gremolata

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
5 MIN	50	4 G	25	2 G

Ingredients

2 tbsp finely chopped parsley
1 garlic clove
1 lemon
1 tsp MCT oil
Salt and pepper

Finely chop the parsley and garlic. Grind with a mortar and pestle then mix with lemon zest, lemon juice and MCT oil. Season with salt and pepper to taste.





Stuffed bell peppers

Bell peppers stuffed with minced chicken, topped with Parmesan cheese and served with brown rice.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
40 MIN	1030	14 G	515	7 G

Ingredients

250 g minced chicken
2 red bell peppers
1 yellow onion
3 garlic cloves
1 dl low-fat crème fraîche
1 dl grated low-fat Parmesan cheese
1 egg white
2 tbsp mango chutney
1½ dl brown rice
Salt and black pepper

Set the oven at 175 degrees.

Peel and chop the onion and press the garlic cloves.

Saute the chicken, onion and garlic in a skillet over medium heat. Add the low-fat crème fraîche and mango chutney. Let the mixture cook for a few minutes. Season with salt and pepper to taste.

Rinse the peppers and cut them in half. Remove the seeds. Place the peppers on a baking sheet and spoon the chicken filling into them.

Sprinkle with grated Parmesan cheese, then bake for about 20 minutes until peppers are tender and cheese is golden brown.

Serve with brown rice.



Soup



Creamy vegetable soup

A fresh and creamy vegetable soup seasoned with lemon and parsley.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
30 MIN	390	8 G	195	4 G

Ingredients

100 g celeriac
1 parsnip
½ fennel bulb
1 dl low-fat crème fraîche
5 dl vegetable broth
Zest of 1 lemon
1 tsp stevia
2 slices whole grain bread
1 tbsp fresh parsley
Salt and black pepper

Peel and chop the fennel, celeriac and parsnip into fairly small pieces.

Place the vegetables in a saucepan, then add broth and crème fraîche.

Bring to the boil, then reduce heat and simmer for about 20 minutes or until the vegetables are soft.

Season with lemon zest and stevia.

Using a hand blender or food processor, mix until smooth and creamy. Season with salt and black pepper to taste.

Sprinkle the soup with chopped parsley and serve with 2 slices of whole grain bread.





Tomato and broccoli soup

A simple yet rich tomato soup.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
30 MIN	280	6 G	140	3 G

Ingredients

½ yellow onion
400 g canned crushed tomatoes
1 tbsp tomato paste
2 garlic cloves
Zest of 1 lemon
3 dl vegetable broth
1 bunch broccoli
1 tsp MCT oil
1 tbsp fresh parsley
Salt and black pepper

Peel and finely chop the onion and garlic.

Place MCT oil and tomato paste in a saucepan. Saute the onion and garlic over medium-low heat until soft.

Cut the broccoli into medium chunks.

Add broccoli, canned tomatoes, broth and lemon zest to the pan and simmer over medium heat for about 30 minutes.

Using a hand blender or food processor, mix until smooth and creamy. Season with salt and black pepper to taste.

Sprinkle finely chopped fresh parsley over the soup and serve.



Pork & beef



Kassler with apple and lentils

Smoked pork loin served with red lentils and crispy, sweet diced apple.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
20 MIN	690	8 G	345	4 G

Ingredients

6 slices kassler
1 apple
½ red onion
1 dl red lentils
Salt and black pepper

Rinse the lentils in cold water.

Place in a saucepan with 3 dl water and a pinch of salt. Bring to the boil then simmer for about 10 minutes.

Cut the kassler into about 1 cm thick slices.

Peel and cut the apple into small cubes. Peel and slice the onion.

Heat a skillet and fry the kassler slices until nicely browned. Add the onion and cook until soft.

Serve with red lentils and apple cubes.



South American-style beef

Spicy beef patties served with baked tomatoes and spinach.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
45 MIN	580	17 G	290	8.5 G

Ingredients

300 g beef fillet (minced or finely chopped)
1 tsp ground cumin
1 tbsp grated ginger
1 chilli
2 garlic cloves
½ yellow onion
1 egg white
50 g celeriac
50 g parsnips
30 g spinach leaves
2 tomatoes
1 tsp MCT oil
Salt and black pepper

Baked tomatoes

Set the oven at 225 degrees.

Cut the tomatoes in half and place them insides up on a baking sheet. Sprinkle with sea salt, your favourite dried herbs and freshly ground black pepper.

Roast in the oven for about 20 minutes.

Preparing the beef patties

Scrape out the seeds from the chilli and chop fine. Peel and finely chop the garlic and onion.

Place the meat in a bowl and add cumin, ginger, chilli, garlic, onion and egg white. Blend the ingredients until the mixture is smooth. Season with salt and pepper to taste.

Let the mixture rest for about 15 minutes and prepare the vegetables in the meantime.

Vegetables

Wash the spinach thoroughly. Peel and shred the celeriac and parsnip.

Heat a pan and saute the vegetables over medium heat until soft.

Finish the beef patties

Use your hands to shape the mixture into patties about 2 cm thick.

Heat a pan with a little MCT oil. Sear the patties over high heat on both sides, then reduce the heat and cook on each side for a few minutes.

Place the patties on a plate and serve with baked tomatoes and vegetables.





Beef stroganoff

A quick and creamy beef stroganoff served with pasta.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
30 MIN	970	11 G	485	5.5 G

Ingredients

300 g beef steak
½ yellow onion, chopped
2 tbsp tomato paste
2 dl chicken or vegetable broth
1 dl low-fat crème fraîche
1 tbsp lemon zest
140 g pasta
Salt and black pepper

Cut the steak into thin slices about 0.5 cm thick, then cut the slices into about 1 cm strips.

Peel and slice the onion.

Heat the oil in a skillet and sear the meat over high heat until nicely browned.

Transfer the meat to a plate and set aside.

Add the onion to the pan and saute over medium heat until soft.

Add tomato paste, broth, low-fat crème fraîche and lemon zest and bring to the boil.

Stir the meat into the sauce. Reduce the heat and simmer for a few minutes.

Season with salt and pepper to taste and serve with your favourite type of pasta.



Roast pork with celeriac puree and red pepper sauce

Roasted pork loin served with celeriac puree and red pepper sauce.

2 SERVINGS	TOTAL		PER SERVING	
	KCAL	FAT	KCAL	FAT
30 MIN	570	15 G	285	7.5 G

Ingredients

250 g pork loin
500 g celeriac
2 tsp MCT oil
½ dl low-fat crème fraîche
1 red bell pepper
1 tbsp tomato paste
2 dl chicken or vegetable broth
2 tsp stevia
Salt and black pepper

Roasted pork loin

Set the oven at 150 degrees.

Pat the pork loin dry. Season with salt and pepper.

Heat 1 tsp MCT oil in a skillet. Sear the meat over high heat until nicely browned.

Place the meat in an oven-proof dish.

Cook in the oven for about 45 minutes or use a thermometer and cook until the inner temperature reaches 65 degrees.

When finished, take the meat out and tent with foil. Let rest for about 10 minutes.

Celeriac puree

Peel the celeriac and cut into medium chunks.

Place in a saucepan and cover with salted water. Bring to the boil then reduce heat and simmer for about 20 minutes.

Pour off the water and blend the celeriac in a food processor or with a hand blender until smooth. Add low-fat crème fraiche and 1 tsp of MCT oil and continue to blend until incorporated.

Season with salt and pepper to taste.

Red pepper sauce

Rinse the pepper, remove the seeds and finely chop.

Saute the pepper and tomato paste in a saucepan over medium heat until soft. Add broth and stevia. Bring to the boil then simmer for about 10 minutes.

Using a hand blender or food processor, mix until smooth and creamy. Season with salt and pepper to taste.

Serve

Cut the meat into 1 cm thick slices. Serve with celeriac puree and pour the red pepper sauce over.





DISCLAIMER

This cookbook is meant to inspire and should not be used as a dietary guide



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