

Keto condiments are a great way to add flavour to your food while minimizing carbs! Here are two easy examples.

Chermoula

This marinade from North Africa goes wonderfully with fish.

Ingredients

1 tablespoon minced ginger
½ cup chopped flat-leaf parsley
⅓ cup chopped coriander
Zest and juice of 1 lemon
1 tablespoon minced jalapeño or 2 tablespoon of sliced jalapeño
½ cup of garlic infused olive oil
Salt, to taste

Method

Using a food processor or blender add ginger, parsley, coriander, lemon zest, jalapeño and pulse to combine.

Slowly pour in the olive oil in a steady stream while blending to form an emulsion.

Transfer to a bowl and stir in the lemon juice. Season with salt. It can be used immediately but leaving it to stand in the fridge for a while allows the flavours to develop.

Salsa Verde "green sauce"

Ingredients

1 bunch of fresh parsley,
1 handful each of chive, basil and mint leaves
1 tbsp garlic infused olive oil
1 fresh anchovy fillet
1tsp capers
3 tbsp extra virgin olive oil
1tbsp sherry vinegar Squeeze of lemon juice
Salt and pepper

Method

Finely chop all the ingredients (that includes the anchovy fillet and capers). Blend all the ingredients in a blender or with pestle and mortar. Leave it to stand in the fridge for a while will allow the flavours to develop.

Keto Green Smoothie

Ingredients

1/4 avocado
100ml coconut cream
400ml water
10 g unrefined coconut oil
2 cups baby spinach
20g Tahini
1 Lebanese cucumber
1 tsp bio greens
Ice

Method

Add all ingredients to a blender and blitz until smooth.

Nutritional Summary

Fat (g)	28.085
Protein (g)	5.71
Carbs (g)	6.035
Calories	287.7

Breakfast (Anytime) Quiche

This quiche was originally a breakfast dish but fast became a quick go to meal for any time of day.

Can be made in one whole dish or mini tray | Serves 6

Ingredients

12 Free Range Eggs

50g of sliced leek

425g tin of tuna in spring water, drained and patted dry.

20g Butter

Salt and pepper

Serve with 1 cup spinach per person.

Method

Preheat oven to 190C/170C fan-forced. Grease one 6 hole muffin tray or a 28cm x 20cm casserole dish.

Sautee leek in butter until soft and lightly browned. Set aside to cool.

Whisk eggs and season with salt and pepper.

Combine eggs, cooled leek (and any butter) and tuna in a bowl.

Spoon evenly into holes of prepared pan or pour into casserole dish. Bake for 10 to 12 minutes or until golden and set.

Serving suggestion: Serve with 1 cup baby spinach per person for an easy meal.

Variation: This dish could be made with ham or salmon instead of tuna, broccoli or asparagus but that will up the carbs.

Nutritional Summary per serve (not including spinach)

Fat (g)	13.87
Protein (g)	25.1
Carbs (g)	4.03
Calories	232.36