

June 2020

Keto Meal Plan Main Meal

Ostridge Chilli or (Replace Chilli with Your Spice of Choice)

Ingredients:

- 500 gms ostridge (minced).
- 1 ½ cups canned chopped tomatoes.
- 100 gms cheddar (grated).
- 2 garlic cloves (crushed).
- 1 onion (diced).
- ½ red pepper (diced).
- ½ green pepper (diced).
- 2 tsp tomato puree.
- 2 tsp coriander (ground).
- 2 tsp cumin (ground).
- 1 tsp chilli powder.
- Salt and pepper.

Instructions:

- Preheat oven at 180 degrees.
- In a large frying pan, fry onions and garlic until soft. Add beef and cook until browned and cooked through.
- Add all other ingredients (except cheese) and fry 4-5 minutes.
- Pour into a large ovenproof dish and sprinkle with cheese.
- Bake for 20-25 minutes.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 4

Per serving:

Fat: 41g

Carbohydrates: 8g

Protein: 33g

Calories: 532

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