

Full English Kebabs

Hands-on 10 minutes Overall 30-35 minutes

Nutritional values (per serving, 2 skewers): Total carbs: 9.8 g, Fiber: 3.6 g, Net carbs: 6.2 g,

Protein: 38.2 g, Fat: 45.8 g, Calories: 593 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 3 servings)

Homemade sausage meat:

400 g ground pork, outdoor reared (14.1 oz)

1/2 cup almond flour (50 g / 1.8 oz)

1 small white onion, finely chopped (70 g / 2.5 oz)

1 tsp fresh lemon zest from organic lemon

1/4 tsp nutmeg

1 tbsp fresh sage (or 1 tsp dried)

1 tbsp fresh thyme (or 1 tsp dried)

1 tbsp fresh parsley (or 1 tsp dried)

1/2 tsp dried marjoram

1 tsp Dijon or wholegrain mustard (you can make your own)

freshly ground black pepper

1/4 tsp salt (I like pink Himalayan)

Kebabs:

homemade sausage meat (recipe above)

6 slices bacon, outdoor-reared and cut widthwise into 12 slices or

Parma ham

1 1/2 cup white mushrooms (150 g / 5.3 oz)

1 cup cherry tomatoes (150 g / 5.3 oz)

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives). If you don't want to use bacon, try Parma ham.

4. Using your hands, create 12 small kebabs. Wrap each kebab in a bacon slice and set aside.
5. Start assembling the kebabs on the skewers. Pierce 2 kebabs on each (6 skewers with 2 kebabs each). Alternate with the mushrooms and tomatoes and place on a baking tray lined with baking paper.
6. Place in the oven and cook for 20-25 minutes.
7. Remove from the oven and try with fried egg, Ultimate Keto Buns or crispy green salad. Enjoy!

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans

Instructions

1. Preheat the oven to 200 °C/ 400 °F. Wash and finely chop the herbs. Peel and finely chop the onion.
2. Wash and zest the lemon and place in a bowl with the ground pork, herbs, chopped onion, almond flour and nutmeg.
3. Add the mustard and mix until well combined.