

# Low-Carb Pork & Sage Pot Pie

Hands-on 20 minutes Overall 45 minutes

**Nutritional values (per serving, 1 individual pie):** Total carbs: 8.4 g, Fiber: 1.8 g,

**Net carbs: 6.5 g,** Protein: 39.5 g, Fat: 30.9 g, Calories: 471 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 individual pies)

### Pie filling:

- 500 g skinless pork sirloin *or* ground pork (1.1 lb)
- 4 tbsp extra virgin olive oil *or* ghee (60 ml)
- 1 medium yellow onion, peeled and finely diced (110 g/ 3.9 oz)
- 2 tbsp fresh sage leaves, chopped (plus extra to garnish)
- 1 tbsp Dijon mustard *or* yellow mustard (15 ml)
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp sea salt
- 1/2 tsp ground black pepper
- 2 cups chicken stock (480 ml/ 16 fl oz)
- 1 tbsp arrowroot flour *or* tapioca starch (g/oz)

### Simplified Fat Head Dough:

- 1/3 cup almond flour (33 g/ 1.2 oz)
- 3/4 cup shredded mozzarella (85 g/ 3 oz)
- 1 large egg, for brushing

## Instructions

1. Prepare all the ingredients.
2. Place your pork into a food processor and pulse until the meat is in small pieces but is not minced. Alternatively, you can cut it with a sharp knife. (You can also use ground pork instead.)
3. Heat two tablespoons of oil in a heavy based pan and add the onion, cooking it gently until it is just translucent.
4. Add the pork and brown for a few minutes before adding the rest of the seasonings (sage, Dijon or yellow mustard, onion powder, garlic powder, salt and pepper). Cook until the pork is just starting to appear cooked, approx. 5 minutes.
5. Whisk the arrowroot flour through the chicken stock and add to the

pan. Stir until all ingredients are well combined and the sauce starts to thicken. Reduce the heat to a simmer and simmer for a further 10 minutes. Remove from the heat and allow to cool slightly.

6. Meanwhile, preheat your oven to 140 °C/ 285 °F (fan assisted), or 160 °C/ 320 °F (conventional). Place the mozzarella cheese in a microwave safe bowl and heat on 30 second bursts until the cheese melts. Add the almond flour and stir to combine into a dough. (See allergy friendly tips in the post for nut-free)
7. Spoon the pork mixture into four 1 1/2 cup (360 ml) ramekins.
8. Roll the fat head dough out until it is about 1/2 cm (1/4 inch) thick. Cut circles slightly bigger than the top of your pie and brush the edges of the ramekin with beaten egg before placing the dough circle over the top. Cut some steam holes in the top and then use dough off-cuts to make decorations.
9. Brush the tops with the remaining beaten egg and bake for 15 minutes, or until the dough is golden and crispy.
10. While the pies cook, heat the remaining 2 tablespoons of oil in a small pot or pan and toss some whole sage leaves in to crisp.
11. Once crisped, drain on a paper towel and add to the top of the pie to serve. Store covered in the fridge for up to four days. These pies can be frozen for up to 3 months.

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