

# Spicy Beef Keto Hot Pockets

Hands-on 15 minutes Overall 35 minutes

**Nutritional values (per serving):** Total carbs: 9.8 g, Fiber: 2.6 g, **Net carbs: 7.2 g,**

Protein: 40.3 g, Fat: 49.8 g, Calories: 647 kcal,

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



## Ingredients (makes 2 servings)

### Filling:

- 1/2 small brown onion (35 g/ 1.2 oz)
- 2 garlic cloves (6 g/ 0.4 oz)
- 1 tsp [ghee](#) or butter
- 300 g ground beef (10.6 oz)
- 1 - 2 small chile peppers, chopped (10 g/ 0.4 oz)
- 1 tsp [coconut aminos](#)
- 1 tsp [Sriracha](#) sauce (*you can [make your own Sriracha](#)*)
- 1/4 tsp sea salt, or to taste
- 1/4 tsp black pepper, or to taste
- 1 cup fresh spinach (30 g/ 1.1 oz)

### Dough:

- 3/4 cup shredded low-moisture mozzarella (85 g/ 3 oz)
- 1/3 cup [almond flour](#) (33 g/ 1.2 oz)

## Instructions

1. Preheat the oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). Chop the onion and garlic. Heat the ghee in a non stick or cast iron pan on a medium heat.
2. Add the onion and fry for 2 minutes until soft. Add the garlic for a further 30 seconds. Add the beef and cook for approximately 5 more minutes until cooked through, breaking the mince up with a spatular until fine.
3. Add the chilli, coconut aminos, sriracha and season to taste. Stir through the spinach, cooking for 1 - 2 minutes until wilted. Turn off the heat and place to one side.
4. Melt the mozzarella in a microwave for about 60 seconds until the mozzarella melts. Add the almond flour and mix to combine to form a dough.
5. Roll between two sheets of greaseproof paper or one sheet and a

silicone mat.

6. Place the chilli beef mixture in the centre and fold to seal the dough.
7. Careful prick or slice a few air holes in the top.
8. Place on a greaseproof lined baking tray and bake in the oven for 15 - 20 minutes until golden.
9. Best served fresh - enjoy!
10. The pockets can be frozen for 2 months and then placed in the oven to reheat.

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