

**SAFRA Mount Faber presents June Holidays: 30 Days of Play with Dad
Families for Life: Yummy Treats Sunday with Engel**

**SIMPLE KETO MEAL
FRIED RICE**

Ingredients:

- 300g of Cauliflower
- 60g of Turkey bacon (cut into smaller pieces)
- 2 x Eggs
- 1 tsp x Salt
- 1 tsp x Black pepper
- Coconut oil
- Garlic, crushed
- 2 tbsp x tamari
- Scallion

Instructions:

1. Chop the cauliflower into dice and set aside.
2. In a pan, add a little coconut oil and fry the turkey bacon on medium heat, till crispy and set aside.
3. In a different pan, add some coconut oil on low to medium heat and stir fry the eggs and set aside.
4. In a separate pan, fry the garlic with some coconut oil till fragrance.
5. Add the cauliflower dice into the pan and fry further for at least 3-minutes.
6. Add the turkey bacon and fried egg in and season it with tamari, salt and black pepper.
7. Fry evenly till the seasoning is properly mixed through.
8. Top it off with some scallion and give it a few more stir.

Catch the video tutorial on SAFRA Mount Faber Facebook page.

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**SIMPLE KETO MEAL
BAKED SALMON**

Ingredients:

Baked Salmon

- 120g x Shitake mushroom
- 100g x Enoki mushroom
- 70g x Onion
- 250g Salmon
- 1 x Lemon, keep half and the other half cut into slice
- Thyme
- Salt
- Black pepper
- Baking paper

Instructions:

1. Marinate the salmon on both sides with some salt and pepper for 15-minutes.
2. Lay a large baking paper on the baking tray.
3. Lay the shitake mushroom, enoki mushroom and onion in the middle.
4. Sprinkle some salt and pepper then place the salmon on the top (skin facing down).
5. Add 2 slices of lemon on top of the salmon followed by the thyme.
6. Fold the sides of the baking paper and over the top of the salmon until it is completely enclosed.
7. Bake the salmon for 13 to 15-minutes at 190°C till the salmon is completely cooked.
8. Remove the salmon from the oven.
9. Squeeze some lemon juice as desired before serving.

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