



Smoky mushrooms & sun-dried tomatoes with chicken livers on toast

Livers are a nutritional powerhouse. This recipe incorporates livers in a quick meal that is satisfying and nourishing.

Serves	1
Prep time	10 minutes
Cooking time	12 minutes
Carb count	8.2 g

EQUIPMENT

Frying pan, chopping board, knife, bowl, toaster

INGREDIENTS

- 25 g (½ small) onion
- 50 g (10) button or portobello mushrooms, sliced
- 20 g (2 rashers) prosciutto or pancetta (or streaky bacon), chopped or whole
- 10 g (2 tsp) butter
- 10 ml (2 tsp) coconut oil, clarified butter or olive oil, for cooking
- 80 g (½ cup) chicken livers
- 30 ml (2 tbsp) cream
- 50 g (small handful) spinach or blanched broccoli, plus extra to garnish
- 5 g (1 tsp) pesto (page 131)
- 10 g (2 tsp) chopped sun-dried tomatoes
- 2 slices low-carb bread (page 156, loaf tin variation)

METHOD

Fry the onion, mushrooms and prosciutto or pancetta in the butter over a moderate heat until the water content has evaporated and the ingredients are beginning to caramelise. Remove the mix from the pan, clean the pan and then reheat it until hot. Add the cooking oil, and when almost smoking-hot add the livers. When the livers are browned on one side, turn them and return the onion, mushrooms and prosciutto or pancetta to the pan. Pour in the cream, add the spinach or blanched broccoli and the pesto. Add the sun-dried tomatoes.

Toast the slices of bread in the toaster and serve with the smoky mushroom mixture on top. Garnish with extra greens.