

Lunch

Anchovy, Pickled Beet and Sour Cream

Ingredients:

Anchovy fillets, chopped

(first week: 280g anchovy = 43g protein), 195g = 30g, 130g = 20g.

1 tbs.	capers
1 tbs.	red onions, chopped
1 tbs.	beetroot, pickled, chopped
1 tsp.	sour cream
	lettuce leaves

Method:

- Chop anchovy fillets and mix with capers, onions, sour cream and chopped pickled beets
- Place small amount of mixture into the centre of a lettuce leaf, fold the sides over to trap the filling and roll the leaf very carefully
- Secure with toothpick
- Repeat process