

# Beef olive

A recipe by Hanna Geiger



## Ingredients

## Grams carbohydrates

1x noodles (made from pancake, see the recipe below)	1,3 g
Beef	0,0 g
Bacon	0,0 g
1/4 teaspoon mustard	0,2 g
Salt and pepper (to one`s own taste)	0,0 g
50 g iceberg lettuce	0,8 g
20 g tomatoes	0,5 g
Salt, pepper, vinegar, oil (to one`s own taste)	0,0 g
	<b>2,8 g</b>

## Directions

- Spread mustard on the beef, and add salt and pepper
- Cover with bacon
- Roll up and fix with a toothpick
- Sear and cook
- Serve with noodles (see recipe below) and salad
- Possibly bind with guar gum flour

# Pancake or Noodles

A recipe by Petra Sager



## Ingredients

## Grams carbohydrates

20 g	almond flour	0,8 g
31 g	egg	0,5 g
15 g	maize germ oil	0,0 g
A pinch of salt		0,0 g
1 or 2 tablespoons of water		0,0 g
<b>Total</b>		<b>1,3 g</b>

## Directions

- Mix the ingredients
- Fry one or two pancakes with hot oil in a coated pan
- Cut up strips → **noodles**