



RediCareControl^{DTx} Sides Pack



2024

Queries: info@controldtx.com

Buffalo Mozzarella and Tomato



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

Carbohydrates: 11 grams **Fat:** 46 grams **Protein:** 23 grams

Ingredients:

- 1 large ball of buffalo mozzarella
- 1 large beef tomato
- 100g spinach leaves
- 1 tbsp extra virgin olive oil
- Salt and pepper

Instructions:

1. Slice mozzarella and tomato.
2. Arrange on spinach leaves, drizzle with olive oil, and season.



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Stuffed Portobello Mushrooms



Serves: 1



Prep Time 5 mins



Cook Time: 20 mins

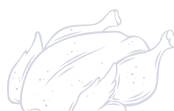
Carbohydrates: 10 grams **Fat:** 20 grams **Protein:** 22 grams

Ingredients:

- 3 portobello mushrooms
- 1 tbsp full-fat cream cheese
- 2 unsmoked bacon rashers
- 1 ½ tsp chives
- 1 tsp extra virgin coconut oil (or olive oil)
- Paprika (to taste)

Instructions:

1. Preheat oven to 200°C.
2. Fry bacon and mushroom stems, then mix with remaining ingredients.
3. Stuff mushrooms, bake for 20 minutes, and serve.



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Salmon Roll Ups



Serves:1



Prep Time 5 mins



Cook Time: 0 mins

Carbohydrates: 2 grams **Fat:** 12 grams **Protein:** 28 grams

Ingredients:

- 100g cream cheese
- 120g smoked salmon slices
- 1 teaspoon parsley
- 1 teaspoon chives

Instructions:

1. Mix cream cheese with parsley and chives.
2. Spread the mixture on smoked salmon slices.
3. Roll up the salmon and serve.



Keto Gnocchi



Serves:2



Prep Time 10 mins



Cook Time: 45 mins

Carbohydrates: 5 grams **Fat:** 20 grams **Protein:** 17 grams

Ingredients:

- ½ cup ricotta cheese
- 1⅓ cups almond flour
- 1½ tbsp coconut flour
- 1½ tsp xanthan gum
- ⅔ cup grated parmesan
- 1 egg
- ½ tsp salt
- Butter, for frying
- Sage and garlic, for flavoring

Instructions:

1. Mix flours, xanthan gum, ricotta, parmesan, and egg into a dough. Refrigerate for 1.5 hours.
2. Shape into small ovals, press with a fork, and freeze for 10-20 minutes.
3. Fry gnocchi in butter until golden brown (6-8 minutes). Add sage and garlic for flavor if desired.



Garlic Prawns



Serves:2



Prep Time 5 mins



Cook Time: 10 mins

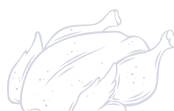
Carbohydrates: 4 grams **Fat:** 21 grams **Protein:** 46 grams

Ingredients:

- 450g prawns
- 3 tbsp butter
- 3 garlic cloves, minced
- ½ tsp red chili flakes
- 1 tbsp lemon juice

Instructions:

1. Melt butter in a pan, cook prawns with salt and pepper for 2-3 minutes.
2. Add garlic and chili flakes, cook for 30 seconds.
3. Stir in lemon juice, cook for another minute, then serve.



No Potato Salad



Serves: 6



Prep Time 5 mins



Cook Time: 30 mins

Carbohydrates: 6 grams **Fat:** 14 grams **Protein:** 7 grams

Ingredients:

- 1 medium cauliflower, florets
- 3 boiled eggs, chopped
- 120g spicy mayo
- 4 bacon rashers, cooked and crumbled

Instructions:

1. Roast cauliflower at 200°C for 25 minutes.
2. Mix roasted cauliflower with eggs, bacon, and mayo.
3. Chill before serving.



Chicken Seekh Kebab



Serves:8



Prep Time 15 mins



Cook Time: 10 mins

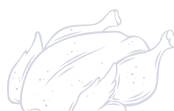
Carbohydrates: 7 grams **Fat:** 38 grams **Protein:** 44 grams

Ingredients:

- 450g minced chicken
- 1 serrano chili, chopped
- 1 tbsp garam masala
- 1 carrot, shredded
- 1 tbsp ginger garlic paste

Instructions:

1. Mix chicken, chili, carrot, spices, and ginger garlic paste in a bowl.
2. Shape into kebabs and thread onto skewers.
3. Grill or fry for 6–7 minutes on each side until cooked through.



Kachumber Salad



Serves:4



Prep Time 10 mins



Cook Time: NA

Carbohydrates: 11 grams Fat: 1 grams Protein: 2 grams

Ingredients:

- 1 cucumber, chopped
- 1 small red onion, chopped
- 2 cups cherry tomatoes, chopped
- 2 tbsp lime juice
- ¼ tsp black pepper
- ⅛ tsp red chili powder (optional)

Instructions:

- 1.Mix cucumber, onion, and tomatoes in a bowl.
- 2.Toss with lime juice, pepper, and chili powder.
- 3.Serve immediately.



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Garlic Chilli Prawns



Serves:2



Prep Time 5 mins



Cook Time: 10 mins

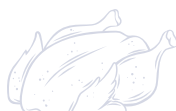
Carbohydrates: 4 grams **Fat:** 15 grams **Protein:** 25 grams

Ingredients:

- 300g prawns, peeled and deveined
- 3 garlic cloves, minced
- 1 tsp red chilli flakes (or to taste)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Fresh parsley, chopped (optional)

Instructions:

- 1.Heat olive oil in a pan, then add garlic and chilli flakes.
- 2.Cook for 30 seconds, then add prawns and cook for 2-3 minutes on each side.
- 3.Drizzle with lemon juice, garnish with parsley, and serve.



Garlic Chive Mash



Serves:4



Prep Time 10 mins



Cook Time: 20 mins

Carbohydrates: 10 grams **Fat:** 10 grams **Protein:** 4 grams

Ingredients:

- 1 large cauliflower, chopped
- 2 garlic cloves, minced
- 2 tbsp butter
- 2 tbsp chopped fresh chives
- Salt and pepper to taste

Instructions:

1. Steam or boil the cauliflower until tender, about 15 minutes.
2. Drain the cauliflower and mash it with butter and garlic.
3. Stir in chopped chives, season with salt and pepper, and serve.



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Keto Roti



Serves: 8



Prep Time 5 mins



Cook Time: 20 mins

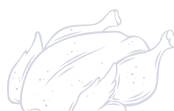
Carbohydrates: 13 grams **Fat:** 15 grams **Protein:** 6 grams

Ingredients:

- 2 cups almond flour
- 6 tbsp psyllium husk powder
- ½ tsp salt
- 3 tsp olive oil
- 1 cup lukewarm water

Instructions:

1. Mix the almond flour, psyllium husk, and salt in a bowl.
2. Add olive oil and water, mixing to form a dough.
3. Divide the dough into 8 equal portions and roll each into a ball.
4. Flatten each ball between parchment paper to form thin discs.
5. Heat a non-stick pan over medium heat and cook each roti for 2-3 minutes on each side until golden brown.



Cheesy Mushrooms



Serves:4



Prep Time 5 mins



Cook Time: 10 mins

Carbohydrates: 1 grams **Fat:** 16 grams **Protein:** 9 grams

Ingredients:

- 2 cups almond flour
- 6 tbsp psyllium husk powder
- ½ tsp salt
- 3 tsp olive oil
- 1 cup lukewarm water

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Place the mushrooms on a baking tray. Sprinkle each with blue cheese, walnuts, and thyme.
3. Dot each mushroom with a little butter.
4. Bake for 10 minutes or until the cheese is melted and the mushrooms are tender.
5. Serve hot.



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Cucumber Kimchi



Serves:1



Prep Time 10 mins



Cook Time: 15 mins

Carbohydrates: 6 grams **Fat:** 14 grams **Protein:** 7 grams

Ingredients:

- 250g cucumbers, sliced
- 1 tsp sea salt
- 2 cloves garlic, minced
- 1 tbsp gochugaru (Korean red chili flakes)
- 1 tbsp rice vinegar
- 2 scallions, chopped
- 1 tsp sesame oil
- 1 tsp sesame seeds (optional)

Instructions:

1. Toss the cucumber slices with sea salt and let sit for 30 minutes to draw out moisture. Drain and pat dry.
2. In a bowl, mix garlic, gochugaru, rice vinegar, scallions, and sesame oil.
3. Add the cucumbers and toss until well coated.
4. Let the mixture sit for 15 minutes before serving. Garnish with sesame seeds if desired.



Avocado Hummus



Serves:2



Prep Time 5 mins



Cook Time: NA

Carbohydrates: 4 grams **Fat:** 20 grams **Protein:** 1 grams

Ingredients:

- 3 ripe avocados
- ½ cup fresh coriander (cilantro)
- ¼ cup olive oil
- 1 garlic clove, minced
- 2 tbsp lime juice
- Salt and pepper to taste

Instructions:

1. In a food processor, combine avocados, coriander, garlic, lime juice, and olive oil.
2. Blend until smooth and creamy.
3. Season with salt and pepper to taste.
4. Serve with vegetable sticks or low-carb crackers.



Sprouts with Bacon



Serves:4



Prep Time 5 mins



Cook Time: 15 mins

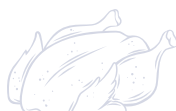
Carbohydrates: 7 grams **Fat:** 15 grams **Protein:** 10 grams

Ingredients:

- 500g Brussels sprouts, halved
- 4 strips of bacon, chopped
- 2 tbsp butter
- Salt and pepper to taste

Instructions:

1. In a pan, cook the chopped bacon over medium heat until crispy. Remove and set aside.
2. In the same pan, add butter and Brussels sprouts, cooking until golden and tender (about 10-12 minutes).
3. Stir the bacon back into the pan and cook for another 2 minutes.
4. Season with salt and pepper, and serve hot.



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Loaded Cauliflower



Serves:4



Prep Time 10 mins



Cook Time: 20 mins

Carbohydrates: 8 grams **Fat:** 20 grams **Protein:** 12 grams

Ingredients:

- 1 large head of cauliflower, cut into florets
- 150g shredded cheddar cheese
- 4 slices cooked bacon, crumbled
- 100g sour cream
- 2 tbsp butter
- 2 tbsp chopped green onions
- Salt and pepper to taste

Instructions:

1. Preheat oven to 180°C (350°F). Steam or boil the cauliflower until tender, then drain.
2. Mash the cauliflower with butter, then stir in half the cheddar cheese, bacon, and sour cream. Season with salt and pepper.
3. Transfer the mixture to a baking dish, top with the remaining cheese, and bake for 10-15 minutes until bubbly.
4. Garnish with green onions before serving.



Keto Cranberry Sauce



Serves:8



Prep Time 5 mins



Cook Time: 10 mins

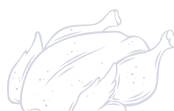
Carbohydrates: 4 grams **Fat:** 0 grams **Protein:** 0 grams

Ingredients:

- 300g fresh or frozen cranberries
- ½ cup water
- ½ cup powdered erythritol (or your preferred sweetener)
- 1 tsp vanilla extract
- Zest of 1 orange (optional for flavor)

Instructions:

1. In a saucepan, combine cranberries, water, and sweetener over medium heat.
2. Bring to a simmer and cook for about 10 minutes, stirring occasionally, until the cranberries burst and the sauce thickens.
3. Stir in vanilla extract and orange zest (if using).
4. Let the sauce cool before serving.



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