

NUTRAWIN

THE KETO KITCHEN

21 Restaurant-Quality Recipes for Your Fat-Burning Lifestyle

21 RECIPES

All in one book

LOW CARB

5g net carbs avg.

**HIGH
FLAVOUR**

Zero compromise



Real food. Real flavour. Real results. Every recipe in this book was built to satisfy cravings, fuel your body, and keep you firmly in ketosis — without making you feel like you're on a diet.

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WELCOME TO

The Nutrawin Keto Kitchen

Keto doesn't have to mean bland chicken and sad salads. The recipes in this book were built around one simple idea: real, satisfying food that happens to be low in carbohydrates. Not diet food. Not health food in the apologetic sense. Just genuinely delicious meals that keep your body burning fat instead of sugar.

Every recipe has been written with clarity and practicality in mind. Detailed steps, timing cues, pro tips, and complete nutritional information per serving. Whether you're new to keto or years in and looking for fresh inspiration, there's something in here for every night of the week.

HOW TO USE THIS BOOK

- Each recipe includes prep time, cook time, and exact serving sizes so you can plan your week with confidence.
- Nutritional information is per serving and focuses on what matters on keto: calories, fat, net carbs, and protein.
- The PRO TIP on each recipe is the one piece of chef-level knowledge that makes the dish genuinely better.
- Recipes marked MEAL PREP hold well refrigerated for 3–4 days — batch cook them on Sunday.
- Net carbs = total carbohydrates minus dietary fibre. This is the number that matters for ketosis.

THE KETO BASICS

The ketogenic diet works by restricting carbohydrates to roughly 20–50g net carbs per day, which shifts your body into a metabolic state called ketosis. In ketosis, your liver converts fat into ketones that your brain and body use as fuel — which is why keto is associated with steady energy, reduced cravings, and effective fat loss. The recipes in this book are designed to fit comfortably within that carbohydrate window while delivering the protein and healthy fats your body needs to thrive.

Your goal is not to eat less. Your goal is to eat right.

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Butter-Fried Aubergine & Halloumi Platter

Golden, salty, and ready in 15 minutes



5 min
PREP

12 min
COOK

2
SERVES

This dish is proof that keto eating doesn't have to be complicated or boring. Salty halloumi develops a perfect golden crust in foaming butter while aubergine soaks up those rich pan juices. The briny pop of olives ties it all together in one gorgeous platter. It's the kind of meal that looks impressive but takes almost no effort.

INGREDIENTS

- **10 oz** halloumi cheese, sliced ½ inch thick
- **1 medium** aubergine, halved & cut into half-moons
- **3 oz** unsalted butter
- **10** pitted olives, halved
- **1 tsp** smoked paprika
- **to taste** flaky sea salt

METHOD

1

Heat the butter

Melt half the butter in a large heavy-based frying pan over medium-high heat until it starts to foam. You want it hot enough to sizzle on contact — this is what gives the halloumi its crust.

2

Cook simultaneously

Place halloumi on one side of the pan and aubergine on the other. Season everything with smoked paprika. Don't move them — let them sit undisturbed for 4 full minutes.

3

Flip and finish

Turn the halloumi — it should be deep golden underneath. Flip the aubergine too. Cook for another 4 minutes until the cheese is browned on both sides and the aubergine is completely tender.

4

Add olives and serve

In the final minute, scatter in the halved olives and let them warm through. Finish with a pinch of flaky sea salt. Serve immediately, straight from the pan.

PRO TIP

Don't touch the halloumi once it hits the pan. That's where the golden crust comes from — patience pays off.

831

CALORIES

73g

FAT

10g

NET CARBS

33g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Pork Chops with Blue Cheese Cream Sauce

Steakhouse quality, 20-minute weeknight dinner



5 min
PREP

20 min
COOK

4
SERVES

Blue cheese and cream sounds indulgent — because it is. This sauce is bold, tangy, and absolutely magnificent draped over a perfectly seared pork chop. The real secret is deglazing the pan with the pork drippings, which adds an incredible depth of flavour that no restaurant sauce can fake. Crisp green beans round out a meal you'll make on repeat.

INGREDIENTS

- **4** bone-in pork chops, about 1 inch thick
- **7 oz** fresh green beans, trimmed
- **5 oz** blue cheese (Gorgonzola or Stilton)
- **¾ cup** heavy whipping cream
- **2 tbsp** unsalted butter, divided
- **to taste** salt and black pepper

METHOD

1

Build the sauce base

In a small saucepan over medium-low heat, crumble in the blue cheese. Stir gently as it melts. Once smooth, add the heavy cream and simmer 2–3 minutes until thickened. Keep warm on the lowest setting.

2

Sear the chops

Heat 1 tbsp butter in a large cast-iron pan over medium-high heat. Season chops generously with salt and pepper. Sear 5–6 minutes per side until deeply browned and cooked through to 145°F / 63°C.

3

Rest and deglaze

Remove chops to a plate, tent with foil to rest. Pour all pan drippings straight into your cheese sauce — stir well. That's liquid gold.

4

Fry the green beans

Add remaining butter to the hot pan. Fry the green beans 3–4 minutes until just tender with a little colour. Season and serve alongside the chops, generously sauced.

PRO TIP

Letting the chops rest before cutting keeps all those juices inside — skip this step and your plate gets dry.

777

CALORIES

61g

FAT

4g

NET CARBS

55g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Hot & Wholesome Bacon & Cabbage Salad

A warm salad that eats like a full meal



8 min

PREP

15 min

COOK

6

SERVES

Forget cold, depressing salads. This one comes straight from the pan — warm bacon fat dressing the crispy sprouts and red cabbage until everything is silky and flavour-packed. The walnuts add a satisfying crunch and the grainy mustard vinaigrette ties it all together. It's one of those recipes that converts salad-haters on the first bite.

INGREDIENTS

- **8 oz** Brussels sprouts, washed and thinly sliced
- **6 slices** thick-cut bacon
- **2 cups** red cabbage, thinly sliced
- **¼ cup** walnuts, roughly chopped
- **2 cloves** garlic, crushed
- **2 tbsp** extra virgin olive oil
- **1 tsp** grainy Dijon mustard

METHOD

1

Crisp the bacon

Fry bacon over medium-high heat until properly crispy — no flabby bacon here. Remove and chop into bite-sized pieces, leaving all the fat in the pan. That fat is your dressing base.

2

Sauté the aromatics

Lower heat to medium. Fry the garlic in the bacon fat for 1 minute until fragrant. Add the red cabbage and Brussels sprouts to the pan.

3

Cook the veg

Fry 2–3 minutes until just slightly tender — you want some bite remaining. Turn off the heat completely before the next step.

4

Dress and combine

Whisk together the olive oil and mustard in a small bowl. Pour into the warm pan and stir well to coat everything. Add the bacon and walnuts and toss to combine. Serve warm.

PRO TIP

Turn off the heat before adding the mustard dressing — high heat kills the flavour compounds in mustard and makes it bitter.

193

CALORIES

7g

FAT

5g

NET CARBS

8g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Tangy Tuna & Poached Egg Salad

Restaurant-quality Niçoise, reimagined for keto



10 min

PREP

8 min

COOK

2

SERVES

This is the salad that made us question why we ever ate anything else for lunch. Creamy, tangy tuna mixed with briny capers and bright lemon, topped with perfectly poached eggs that break over everything like a natural sauce. The white wine vinegar in the poaching water is the trick that keeps the whites from going ragged. Elegant and effortless.

INGREDIENTS

- **4 oz** tuna in olive oil, well drained
- **4** large eggs, very fresh
- **2 oz** iceberg lettuce, roughly torn
- **2 oz** cherry tomatoes, halved
- **½ cup** celery, finely diced
- **½ cup** good quality mayonnaise
- **½** red onion, finely diced
- **1** lemon, juice and zest
- **2 tbsp** olive oil
- **2 tbsp** capers, drained
- **1 tbsp** Dijon mustard
- **2 tsp** white wine vinegar

METHOD

1

Mix the tuna

In a large bowl, combine the tuna, celery, mayonnaise, red onion, lemon juice and zest, olive oil, capers, and mustard. Fold gently — you want texture, not mush. Taste and season.

2

Poach the eggs

Bring a deep saucepan of water to a gentle simmer — not a rolling boil. Add 1 tsp salt and the white wine vinegar. Create a gentle swirl with a spoon. Crack eggs in one at a time and simmer 3–4 minutes for runny yolks.

3

Plate and serve

Arrange lettuce and halved tomatoes on serving plates. Spoon the tuna mixture alongside. Carefully place the poached eggs on top. Finish with a crack of black pepper and a little extra lemon zest.

PRO TIP

Fresh eggs poach better — the whites hold together. Older eggs spread out and look ragged. Use eggs within 5 days of purchase.

767

CALORIES

70g

FAT

6g

NET CARBS

30g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Chicken & Bacon One-Pot Heaven

One pan. Three ingredients. Zero compromise.



5 min
PREP

25 min
COOK

2
SERVES

Some nights you don't want a recipe — you want dinner. This one-pan wonder delivers golden chicken, crispy bacon, and buttery soft cabbage in under 30 minutes using a single frying pan. The bacon fat bastes the cabbage as it cooks, giving it a richness that no recipe with a longer ingredient list could match. Clean-up takes 90 seconds.

INGREDIENTS

- **1 large** chicken breast, sliced into strips
- **10 oz** streaky bacon, roughly chopped
- **16 oz** green cabbage, roughly chopped
- **3 oz** unsalted butter, divided
- **to taste** salt and cracked black pepper

METHOD

1

Sear the chicken

Melt half the butter in a large heavy frying pan over medium-high heat. Add the chicken strips and cook until nearly cooked through and lightly golden — about 6–7 minutes. Don't crowd the pan.

2

Crisp the bacon

Add the chopped bacon to the pan with the chicken. Fry everything together until the bacon is properly crispy. Push all the meat to one side of the pan.

3

Fry the cabbage

Add the remaining butter to the empty side of the pan. Add the chopped cabbage and fry in the butter and bacon fat until soft and slightly caramelised — about 8 minutes.

4

Season and serve

Season aggressively with salt and cracked pepper. Toss everything together in the pan and serve directly from the skillet.

PRO TIP

Use a cast iron pan if you have one — the heat retention gives you better browning on the chicken and more caramelisation on the cabbage.

1020

CALORIES

82g

FAT

9g

NET CARBS

56g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Golden Coriander & Chickpea Curry

Fragrant, warming, and surprisingly keto-friendly



10 min

PREP

20 min

COOK

6

SERVES

A curry that's both soul-satisfying and low-carb? This one achieves it by leaning hard into aromatics — freshly blended pepper, garlic, and ginger form a proper masala base that makes the room smell incredible. Chickpeas are higher in carbs than most keto proteins, so portion mindfully and pair with a simple green salad to keep macros in check. Worth every carb.

INGREDIENTS

- **7 oz** canned chickpeas, rinsed and drained
- **1½ cups** chopped tomatoes, no added sugar
- **1** red onion, roughly chopped
- **1** red pepper, roughly chopped
- **4 cloves** garlic
- **6 tbsp** canola or coconut oil
- **2 tsp each** coriander, ginger, garam masala,
- **½ tsp** ground turmeric
- **¾ tsp** fine sea salt

METHOD

1

Blend the aromatics

Add the red pepper, garlic, and ginger to a blender and blitz until minced. Add the onion and pulse until finely chopped — you want texture, not a purée.

2

Build the base

Heat oil in a large saucepan over medium heat. Add the blended onion mixture and cook 5–6 minutes until softened and fragrant. Add turmeric, cumin, and ground coriander. Cook 2–3 more minutes, stirring constantly.

3

Add tomatoes

Blend the tomatoes until finely chopped. Add to the saucepan with the salt. Stir well and simmer 4–5 minutes until the sauce darkens slightly.

4

Finish with chickpeas

Add the chickpeas and garam masala. Simmer 6–7 minutes until the chickpeas are heated through and the sauce is thick and clinging. Taste and adjust seasoning.

PRO TIP

Cooking the spices in oil before adding liquid (called 'blooming') releases fat-soluble flavour compounds. Don't skip this step.

279

CALORIES

16g

FAT

14g

NET CARBS

6g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Mediterranean Creamy Garlic Chicken

Tuscany in 25 minutes — no passport required



5 min
PREP

25 min
COOK

6
SERVES

This is the recipe people screenshot from your Instagram, ask you for at dinner parties, and text you about at 11pm. The sauce — parmesan, cream, garlic, sun-dried tomatoes — is something between a bisque and a beurre blanc, and it's completely irresistible. The spinach wilts right into it and the chicken soaks up the whole thing. Make double. You'll want leftovers.

INGREDIENTS

- **24 oz** chicken breast, skinless and sliced
- **1 cup** fresh spinach, packed
- **1 cup** heavy cream
- **½ cup** chicken broth
- **½ cup** sun-dried tomatoes, drained
- **½ cup** parmesan, freshly grated
- **2 tbsp** olive oil
- **1 tsp each** Italian seasoning, garlic powder

METHOD

1

Sear the chicken

Heat olive oil in a large frying pan over medium-high heat until shimmering. Add chicken slices in a single layer. Cook until completely golden and cooked through, about 6–7 minutes. Set aside on a warm plate.

2

Build the sauce

In the same pan (don't wipe it!), add the chicken broth, heavy cream, Italian seasoning, garlic powder, and parmesan. Whisk gently and bring to a simmer. Let it reduce for 3–4 minutes until the sauce coats a spoon.

3

Add greens and finish

Add the spinach and sun-dried tomatoes to the sauce. Stir until the spinach wilts completely — about 2 minutes. Slide the chicken back into the pan and simmer together for 3 more minutes before serving.

PRO TIP

Use freshly grated parmesan — the pre-grated kind has anti-caking agents that stop it melting properly and make the sauce grainy.

369

CALORIES

26g

FAT

7g

NET CARBS

29g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Crunchy Parmesan-Crusted Cod

Better than fried fish, with none of the guilt



8 min
PREP

18 min
COOK

4
SERVES

The keto version of fish and chips — minus the chips, minus the soggy batter, and with a parmesan crust that makes the original look amateur. The key is pressing the cod firmly into the cheese mixture on both sides so every inch is coated. In the oven it fuses into a golden, savoury shell that shatters when you press a fork through it. Serve with lemon wedges and a simple salad.

INGREDIENTS

- **4** cod fillets, about 6 oz each
- **1 cup** parmesan cheese, finely grated
- **1 tbsp** fresh flat-leaf parsley, finely chopped
- **1 tbsp** olive oil
- **2 tsp** smoked paprika
- **¼ tsp** fine sea salt
- **1** lemon, cut into wedges to serve

METHOD

1

Preheat and prep

Heat your oven to 200°C / 400°F. Line a baking tray with parchment paper. In a wide, shallow bowl, combine the parmesan, smoked paprika, fresh parsley, and salt. Mix until evenly combined.

2

Coat the cod

Pat the cod fillets dry with paper towel — this is critical for the crust to adhere. Brush both sides of each fillet with olive oil. Press firmly into the parmesan mixture on both sides. Place on the lined tray and sprinkle any leftover mixture on top.

3

Bake to golden

Bake 15–20 minutes until the crust is deep golden and the fish flakes easily when pressed in the centre. Serve immediately with lemon wedges — the crust softens if it sits.

PRO TIP

Pat the fish bone-dry before coating. Even a little moisture creates steam that stops the crust from browning properly.

116

CALORIES

8g

FAT

2g

NET CARBS

11g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Garlic Shrimp & Zucchini Noodles

Pasta night, reimagined from the ground up



8 min
PREP

10 min
COOK

2
SERVES

Zucchini noodles have a bad reputation — often watery, often bland. This recipe fixes both problems. The trick is a quick, high-heat toss (never more than 2–3 minutes) and the lemon-garlic-chilli sauce that coats every strand. The shrimp cook in literally 2 minutes per side and the whole dish comes together faster than any pasta you've ever made. Light, bright, and genuinely satisfying.

INGREDIENTS

- **2 medium** zucchini
- **12 oz** large shrimp, peeled and deveined
- **4 cloves** garlic, finely crushed
- **1** lemon, juice and zest
- **1 tbsp** olive oil
- **½ tsp** dried chilli flakes
- **to taste** salt and cracked black pepper

METHOD

1

Make the noodles

Slice zucchini in half lengthwise. Use a fork to firmly rake down each half, dragging it across to create long, thin noodle-like strands. Set aside on paper towel to absorb excess moisture.

2

Cook the shrimp

Heat olive oil in a large pan over medium-high heat. Add lemon juice and zest. When the pan is hot, add shrimp in a single layer. Cook exactly 1 minute per side — they're done when pink and just curled.

3

Add garlic and chilli

Add the garlic and chilli flakes. Toss and cook 1 more minute, stirring constantly so the garlic doesn't burn.

4

Toss the noodles

Add the zucchini noodles and toss everything together for 2–3 minutes until the noodles are just warmed through but still have bite. Season with salt and pepper and serve immediately.

PRO TIP

Serve the moment it's done — zucchini noodles release water as they sit and the sauce becomes thin and watery within minutes.

277

CALORIES

11g

FAT

8g

NET CARBS

37g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Perfect Keto Egg-Crust Pizza

Crispy, cheesy, zero-guilt pizza night



8 min
PREP

12 min
COOK

1
SERVES

The egg-crust pizza is one of keto's greatest inventions. The base cooks up firm, slightly crispy at the edges, and sturdy enough to hold real toppings. Loaded with marinara, melted cheddar, pepperoni, olives, and green pepper, it genuinely satisfies the pizza craving — and at 10g of carbs per serving, you can eat it without the guilt spiral that follows normal pizza.

INGREDIENTS

- **3** large eggs
- **1 tbsp** water
- **1 tbsp** unsalted butter
- **½ cup** tomato purée
- **½ tsp each** garlic powder, Italian seasoning
- **■ cup** cheddar cheese, grated
- **5** pepperoni slices
- **5** black olives, pitted and halved
- **½** red onion, finely diced
- **½** green pepper, finely diced

METHOD

1

Make the egg crust

Whisk eggs with 1 tbsp water. Heat butter in a large ovenproof frying pan. Pour in egg mixture and cook 2–3 minutes until mostly set. Carefully flip (or slide onto a plate and invert back) and cook the other side until fully firm and golden.

2

Top the pizza

Transfer the egg crust to a lined oven tray. Mix tomato purée with garlic powder and Italian seasoning — spread evenly over the crust. Scatter on the cheese, onion, olives, and pepper. Lay pepperoni on top.

3

Bake to finish

Bake at 175°C / 350°F for 7–8 minutes until the cheese is fully melted and bubbling. Cut into quarters and serve immediately.

PRO TIP

Cook the egg base low and slow — rushing it creates a rubbery texture. You want it just set before you flip it.

290

CALORIES

25g

FAT

10g

NET CARBS

13g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Keto Kick-of-Heat Chicken Lettuce Wraps

Spicy, crunchy, and completely addictive



10 min
PREP

20 min
COOK

8
SERVES

Lettuce wraps have no business tasting this good. Spiced chicken with sautéed peppers, crumbled goat's cheese, and fresh spring onions all piled into crisp iceberg cups — they're packed with flavour, satisfying to eat, and genuinely fun. They're also perfect for meal prep since the filling keeps well in the fridge for 3 days. Make extra. You'll go back to it.

INGREDIENTS

- **32 oz** chicken breast, skinless, sliced
- **½ each** red and green pepper, finely diced
- **4 stalks** celery, finely diced
- **2** spring onions, finely sliced
- **½ cup** goat's cheese, crumbled
- **1 head** iceberg lettuce, leaves separated
- **2 tbsp** unsalted butter
- **1 tsp each** chilli flakes, garlic powder, onion powder

METHOD

1

Sauté the veg

Heat butter in a large pan over medium-high heat. Add diced peppers and celery. Fry 5–6 minutes until just tender and slightly coloured at the edges.

2

Cook the chicken

Add sliced chicken, garlic powder, chilli flakes, and onion powder to the pan. Cook, stirring continuously, until the chicken is cooked through and lightly browned — about 8–10 minutes.

3

Finish and fill

Remove pan from heat. Stir in the crumbled goat's cheese and sliced spring onions — the residual heat will soften the cheese slightly without fully melting it. Spoon the filling into 8 iceberg lettuce leaves. Serve immediately.

PRO TIP

Separate the lettuce leaves an hour before and keep them in a bowl of ice water in the fridge — they'll be extra crisp when you need them.

546

CALORIES

36g

FAT

3g

NET CARBS

48g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Hearty Steak & Egg Power Plate

The ultimate keto breakfast or anytime meal



3 min
PREP

10 min
COOK

1
SERVES

There are meals that fuel you, and there are meals that fuel you and make you feel like you can lift a car. This is the latter. Juicy sirloin steak cubes with rich fried eggs and creamy avocado — it's pure, clean protein and fat with almost no carbs, hitting hard on satiety. It's breakfast, lunch, or dinner depending on when you make it. No wrong answer.

INGREDIENTS

- **4 oz** sirloin steak, cut into generous chunks
- **3** large eggs
- **¼** ripe avocado, sliced
- **1 tbsp** unsalted butter, divided
- **to taste** flaky salt and cracked black pepper

METHOD

1

Fry the eggs

Heat half the butter in one pan over medium heat. Crack in the eggs and fry to your preference — we suggest yolks still runny so they act as a sauce over the steak.

2

Sear the steak

Heat the remaining butter in a second pan over high heat until it's almost smoking. Add the steak chunks in a single layer. Sear for 2–3 minutes total, turning for colour on all sides. Season aggressively.

3

Plate and serve

Arrange the steak and eggs on a warm plate. Fan the avocado slices alongside. Finish with a generous pinch of flaky salt over everything.

PRO TIP

High heat is everything for steak — if the pan isn't smoking before the meat goes in, you'll steam it instead of sear it and lose all the crust.

512

CALORIES

37g

FAT

3g

NET CARBS

45g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Hot & Spicy Glazed Chicken Drumsticks

Sticky, fiery, and impossible to eat just one



5 min
PREP

25 min
COOK

2
SERVES

Hot wings energy, keto macros. These drumsticks get grilled to golden before being tossed in a spiced butter sauce that clings to every inch of the skin. The combination of cayenne, paprika, and chilli flakes in the butter means you're getting layers of heat — upfront warmth, building burn, lasting finish. Make napkins mandatory.

INGREDIENTS

- **6** chicken drumsticks
- **½ cup** hot sauce (Frank's or similar)
- **2 tbsp** unsalted butter
- **½ tsp each** chilli flakes, cayenne pepper, garlic powder, paprika
- **to taste** salt and black pepper

METHOD

1 Season and grill

Place drumsticks in a bowl and drizzle with a little hot sauce. Season with salt and pepper. Line a grill pan with foil. Grill on HIGH heat for 8–10 minutes until beginning to colour and char.

2 Make the spiced butter

While the chicken grills, melt butter in a small saucepan. Stir in all remaining ingredients — the remaining hot sauce, chilli flakes, cayenne, garlic powder, paprika. Remove from heat immediately.

3 Flip and glaze

Turn drumsticks and grill a further 8–10 minutes on the other side until fully cooked through and deeply browned. Transfer to a large bowl, pour over the spiced butter sauce, and toss to coat every surface completely.

PRO TIP

Rest the drumsticks 3 minutes after glazing — the sauce thickens and clings better to a surface that's slightly cooled.

631

CALORIES

47g

FAT

1g

NET CARBS

49g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Complete Cheesy Chicken Casserole

30-minute comfort food at its absolute best



5 min
PREP

30 min
COOK

3
SERVES

This casserole is what happens when you take leftover chicken and refuse to let it be boring. Marinara, mozzarella, parmesan, crispy bacon, and a hit of chilli flakes go into one baking dish and come out 30 minutes later as something that looks and tastes like it took all afternoon. The cheese pull is completely real. The effort is not.

INGREDIENTS

- **2 cups** cooked chicken, cubed or shredded
- **1 slice** thick bacon, crisped and crumbled
- **¾ cup** mozzarella, grated
- **½ cup** parmesan, grated
- **½ cup** marinara sauce (no added sugar)
- **½ tsp** dried basil
- **¼ tsp** chilli flakes

METHOD

1

Layer the dish

Preheat oven to 175°C / 350°F. Spread the chicken in an even layer across a large baking dish. Pour the marinara sauce evenly over the top.

2

Add the rest

Scatter over the crumbled bacon, dried basil, and chilli flakes. Top with the grated mozzarella and parmesan — don't hold back on the cheese.

3

Bake until bubbling

Bake 25–30 minutes until the cheese is completely melted, golden in spots, and the edges are bubbling. Let it sit 3 minutes before serving so it doesn't fall apart.

PRO TIP

Use rotisserie chicken when you can — the pre-seasoned meat adds flavour that plain cooked chicken simply doesn't have.

337
CALORIES

19g
FAT

4g
NET CARBS

38g
PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Beefy Mid-Week Keto Chilli

Bowl food that keeps you in ketosis



10 min
PREP

35 min
COOK

4
SERVES

Chilli is one of the most naturally keto-compatible meals in existence — and this version leans into everything that makes it great. Properly browned beef, a real spice blend, fresh aromatics, and a melted cheddar blanket baked on top. No beans means lower carbs and a thicker, meatier texture. This is the chilli recipe you'll come back to every winter, and probably most of spring too.

INGREDIENTS

- **18 oz** beef mince (80/20 fat ratio)
- **1½ cups** canned chopped tomatoes
- **3½ oz** cheddar, grated
- **2 cloves** garlic, crushed
- **1** onion, finely diced
- **½ each** red and green pepper, diced
- **2 tsp each** tomato purée, ground coriander, cumin
- **1 tsp** chilli powder
- **to taste** salt and black pepper

METHOD

1

Brown the base

Preheat oven to 180°C / 360°F. In a large ovenproof pan or skillet, fry the onion and garlic over medium heat until soft and translucent. Add the mince and cook until completely browned — break up every lump.

2

Build the chilli

Add the peppers, tomatoes, tomato purée, coriander, cumin, and chilli powder. Stir well and fry everything together for 4–5 minutes. Taste and season generously with salt and pepper.

3

Bake with cheese

Transfer to an ovenproof dish if necessary. Spread the grated cheddar evenly over the top. Bake 20–25 minutes until the cheese is golden and the chilli is bubbling at the edges.

PRO TIP

An 80/20 beef blend gives you the fat and flavour this dish needs. Lean mince will produce a drier, less satisfying chilli.

532

CALORIES

41g

FAT

8g

NET CARBS

33g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Creamy Bacon & Mushroom Pork Chops

A bistro classic made at home in 30 minutes

**8 min**

PREP

25 min

COOK

4

SERVES

This is the recipe to make when you want to impress someone without revealing how little effort was involved. Golden pork chops, crispy bacon lardons, and earthy mushrooms all pulled together in a cream sauce that builds on itself — bacon fat, mushroom liquid, chicken stock, and cream layered one by one into something that tastes like a Parisian brasserie. Nobody needs to know.

INGREDIENTS

- **32 oz** boneless pork chops
- **8 oz** cremini mushrooms, sliced
- **6 slices** streaky bacon, cut into lardons
- **2 cloves** garlic, crushed
- **½ cup** heavy cream
- **■ cup** chicken stock
- **1 tbsp** olive oil
- **to taste** salt and black pepper

METHOD

1

Crisp the bacon

Heat olive oil in a large, deep frying pan. Add bacon lardons and fry until properly crispy. Remove to a plate — leave all the fat in the pan.

2

Sear the chops

Season pork chops well. Fry in the hot bacon fat 4–5 minutes each side until deeply golden and cooked through. Remove and rest on the same plate as the bacon.

3

Build the sauce

Add mushrooms and garlic to the pan. Fry 4–5 minutes until browned and any liquid has evaporated. Turn up the heat, pour in chicken stock, and bring to a boil. Stir in the cream and reduce heat to a simmer.

4

Bring it together

Return the bacon and chops to the pan. Simmer everything together for 4–5 minutes until the sauce coats the back of a spoon. Serve directly from the pan.

PRO TIP

Let the mushroom liquid cook off completely before adding the stock — adding stock to watery mushrooms dilutes the sauce and takes forever to reduce.

655

CALORIES

44g

FAT

6g

NET CARBS

57g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Parmesan Chicken Bites with Avocado Dip

The keto nugget that changes everything



15 min
PREP

25 min
COOK

5
SERVES

Everything a chicken nugget should be — crispy, golden, savoury — without a single gram of bread. The parmesan and almond flour coating bakes into something genuinely crunchy, and the avocado dip with ranch and sour cream is cool, creamy, and perfect for dunking. These disappear at every dinner party, every family meal, and every lonely Tuesday when you need something that feels like a treat.

INGREDIENTS

- **16 oz** chicken breast, skinless, cut into 1-inch
- **4 slices** cooked bacon
- **1 large** egg, beaten
- **½ cup** parmesan, finely grated
- **½ cup** almond flour
- **1 tbsp** Italian seasoning
- **½** ripe avocado
- **¼ cup** sour cream
- **2 tbsp** ranch sauce
- **to taste** salt and black pepper, cooking spray

METHOD

1

Make the coating

Preheat oven to 200°C / 400°F. Pulse the cooked bacon, parmesan, and almond flour in a blender for 1 minute until combined. Tip into a wide bowl. Add Italian seasoning, salt, and pepper. Mix well.

2

Coat the chicken

Beat the egg in a separate bowl. Dip each chicken cube into the egg first, then press firmly into the parmesan coating on all sides. Place on a lined baking tray.

3

Bake until golden

Spray the coated chicken with cooking spray — this is what makes them golden rather than pale. Bake 20–25 minutes until crispy, golden, and cooked through.

4

Make the dip

While the chicken bakes, mash the avocado in a bowl. Add ranch sauce and sour cream. Stir until smooth and creamy. Serve alongside the hot chicken bites.

PRO TIP

The cooking spray step is non-negotiable. Without it, the coating steams in the oven and comes out pale and soft instead of crispy.

225

CALORIES

20g

FAT

3g

NET CARBS

25g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Fiery Sesame Salmon Pouches

Bold Asian flavours, foil-packed and foolproof



8 min

PREP

22 min

COOK

4

SERVES

Cooking salmon in a foil parcel is the most forgiving technique in the home cook's arsenal — the fish steams in its own juices and the sauce, making it almost impossible to overcook. This chilli-sesame marinade is punchy, aromatic, and genuinely exciting. The little hit of fresh mint at the end is not optional — it cuts through the richness in a way that elevates the whole dish.

INGREDIENTS

- **4** salmon fillets, about 6 oz each
- **3 tbsp** chilli sauce (sambal or sriracha)
- **2 tbsp** red onion, finely chopped
- **1 tbsp** sesame oil
- **1 tbsp** fresh lime juice
- **1 clove** garlic, crushed
- **1 tsp each** mustard seeds, lime zest
- **½ tsp each** sesame seeds, fresh mint chopped

METHOD

1

Prep the pouches

Preheat oven to 200°C / 400°F. Cut 4 large squares of foil — each should be big enough to fold over and seal a salmon fillet with room to spare. Place one fillet in the centre of each square. Scatter over the red onion.

2

Make the sauce

In a small bowl, combine chilli sauce, sesame oil, lime juice, garlic, sesame seeds, and mustard seeds. Stir well. Spoon evenly over each salmon fillet.

3

Seal and bake

Fold the foil over each fillet and crimp the edges tightly to seal — you're creating a steam chamber. Bake 20–25 minutes until the salmon flakes easily when the parcel is opened.

4

Finish and serve

Open each parcel carefully — the steam inside is very hot. Finish with lime zest and fresh mint. Serve directly in the foil for zero washing up.

PRO TIP

Seal the foil parcels tightly — any gaps let the steam escape and you lose the sauce that keeps the salmon moist.

321

CALORIES

19g

FAT

5g

NET CARBS

30g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Chicken & Pepper Medley

Simple fajita flavours, no tortilla needed



5 min
PREP

18 min
COOK

2
SERVES

This is your 20-minute weeknight hero. Perfectly seasoned chicken sliced and plated over a tangle of sautéed peppers and onion, finished with fresh salsa and a squeeze of lime. It's everything you love about fajitas without the carb-heavy tortilla, and the bright salsa sauce that forms in the pan is something you'll want to drink. Pair it with sour cream if you're feeling indulgent.

INGREDIENTS

- **2** chicken breasts, skinless, halved lengthwise
- **½ each** red and green pepper, sliced
- **1** onion, finely diced
- **¼ cup** fresh salsa (no added sugar)
- **1 tbsp** fresh lime juice
- **4 tsp** canola oil
- **2 tsp** Italian seasoning

METHOD

1

Season and sear the chicken

Heat the oil in a large frying pan over medium-high heat. Season chicken on both sides with Italian seasoning, salt, and pepper. Fry 5–6 minutes per side until golden and cooked through. Set aside to rest.

2

Sauté the veg

In the same pan, sauté the sliced peppers and diced onion in the remaining oil for 4–5 minutes until slightly tender and coloured.

3

Finish with salsa

Add the salsa and lime juice to the pan with the veg. Stir to combine and let it bubble for 1 minute to bring everything together. Slice the rested chicken, plate it, and spoon the pepper medley and salsa sauce over the top.

PRO TIP

Resting the chicken before slicing is what keeps it juicy — cut it immediately and all the juices run out onto the board instead of staying in the meat.

241

CALORIES

16g

FAT

4g

NET CARBS

23g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Super Spicy Stuffed Bell Peppers

A complete meal hidden inside your veg



10 min
PREP

35 min
COOK

4
SERVES

Stuffed peppers are underrated — they're a complete meal in an edible bowl, they look spectacular, and the spiced beef filling is deeply satisfying on its own merits. The trick is cooking off the excess water from the beef mixture before stuffing so the filling is dense and flavourful rather than watery. Use a mix of red and yellow peppers for colour and a sweeter flavour.

INGREDIENTS

- **16 oz** beef mince
- **4** bell peppers, halved lengthwise and deseeded
- **½ cup** mushrooms, finely chopped
- **1 tbsp each** tomato purée, chilli powder, onion powder
- **1 cup** water
- **¼ tsp** fine sea salt

METHOD

1

Cook the beef

Preheat oven to 200°C / 400°F. Fry the beef mince in a large pan over medium-high heat until completely browned and cooked through. Drain off the excess fat.

2

Build the filling

Add tomato purée, chilli powder, onion powder, cumin, and salt to the beef. Pour in the water and bring to a boil. Reduce to a simmer and cook until almost all the liquid has been absorbed — this concentrates the flavour and prevents a soggy filling.

3

Stuff and bake

Stir in the chopped mushrooms and simmer 2 more minutes. Spoon the filling firmly into each pepper half, pressing it down. Place on a lined baking tray and bake 15–20 minutes until the peppers are tender and slightly charred.

PRO TIP

Cook off ALL the water in the filling before stuffing — any liquid left turns the pepper soggy from the inside and makes everything fall apart when you serve it.

347

CALORIES

29g

FAT

5g

NET CARBS

20g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

Beefy Cheese Burger with Spicy Sauce

Everything a burger should be — minus the bun



10 min
PREP

22 min
COOK

4
SERVES

The bunless burger is not a compromise — it's an upgrade. Without the bun soaking up the sauce and muddying the textures, every component hits differently. The erythritol in the spicy mayo adds a subtle balance to the heat that makes the sauce genuinely addictive, and cooking the bacon and jalapeños in the same dish as the burgers means every element picks up that char. This is burger night done properly.

INGREDIENTS

- **24 oz** beef mince (80/20)
- **6 slices** streaky bacon
- **4 slices** cheddar cheese
- **4 slices** onion
- **2** jalapeños, sliced
- **¼ cup** mayonnaise
- **1 tbsp** hot sauce
- **½ tsp each** Worcestershire sauce, garlic powder
- **1 tsp each** erythritol, salt
- **¼ tsp** black pepper

METHOD

1 Form the patties

Preheat oven to 200°C / 400°F. Combine beef mince, salt, pepper, and garlic powder. Mix by hand and form into 4 balls. Flatten into patties about ¾ inch thick — make a small indent in the centre of each to prevent puffing.

2 Bake everything together

Place patties in a large ovenproof dish. Add jalapeños, onion slices, and bacon to the same dish. Bake 18–20 minutes until burgers are cooked through and bacon is crispy.

3 Make the spicy sauce

Combine mayonnaise, hot sauce, Worcestershire sauce, and erythritol in a bowl. Whisk until smooth and refrigerate until needed.

4 Melt the cheese

Remove dish from oven. Place a cheese slice on each patty. Slide under the grill for 2–3 minutes until the cheese is fully melted and bubbly. Plate with bacon, onion, jalapeños, and a generous drizzle of the cold spicy sauce.

PRO TIP

The thumb indent in the centre of each patty prevents the burger from puffing up into a meatball shape as it cooks — even heat distribution, flat patty.

615

CALORIES

49g

FAT

5g

NET CARBS

38g

PROTEIN

Nutritional values are per serving. Net carbs = total carbohydrates minus dietary fibre.

NUTRAWIN

We believe that eating well and living lean shouldn't mean sacrificing pleasure. The Keto Kitchen is one of a series of guides designed to help you take control of your health, your body, and your relationship with food — without the confusion, the restriction, or the boredom that most diet plans come loaded with.

Discover more at
nutrawin.online

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