CHORIZO AND SPICEY BEAN SALAD

- 45g Chorizo ring – TESCO finest
- 38g Chestnut mushrooms - MORRISONS
- 15g Olive oil
- 78g Cannellini beans - MORRISONS
- 18g Green olives stuffed with pimiento crespo – from supermarkets.
- 20g Spring onions
- 22g Oven baked keto bread – see Matthew’s Friends recipe
- 30g Greek feta cheese - MORRISONS

You will also need a little GIA garlic paste and a pinch of chilli powder, black pepper and a pinch of mixed herbs.

Cut the mushrooms and fry gently in the oil with some Gia garlic paste and a pinch of chilli powder.

Rinse the tinned beans in cold water then add to the mushrooms, mix well and leave to go cold.

Stir in the olives, sliced chorizo and feta. You could add a pinch of mixed herbs too and black pepper.

Leave to marinate for at least 20 minutes.

Serve with the keto bread

Mo's tip: I used ready to serve Chorizo. If you use a cooking one then fry it in the olive oil before adding the mushrooms.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION