CAULIFLOWER RISOTTO

- 100g Cauliflower - raw
- 20g Mushrooms
- 30g Ham – MORRISONS deli
- 15g Onions
- 41g Double cream – MORRISONS
- 14g Olive oil
- 10g Parmigiano Reggiano – WAITROSE grated

You will also need a good pinch of dried herbs and some salt & pepper.

Grate the cauliflower to form ‘rice’ and set aside.

Chop the onions and fry gently in half the oil.

Chop the mushrooms and add to the onions, cook for a minute.

Chop the ham and add to the pan with the cauliflower, herbs and remaining oil.

Stir fry for a few minutes until the cauliflower starts to cook; you don’t want it too soft.

Add the seasoning and cream, stir until heated through.

Stir in the parmesan cheese and serve.

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