Cauliflower Cheese & Pork Dinner

- 20g Pork, loin chops, raw, lean and fat
- 39g Celeriac, raw
- 40g Cauliflower, boiled in unsalted water
- 30g Double cream, Morrisons
- 17g Cheese, Mature cheddar, Cathedral City
- 4g Sunflower oil

Cut the Celeriac into cubes or chips.

Fry the Celeriac in the oil til almost done then add the pork (I buy very thin pork loin chops from Morrisons they are great!) it will cook quickly.

Remove keep warm.

Heat the cream with a tiny amount of English Mustard (optional) stir in the cheese until it melts to a smooth sauce.

Pour over the cauliflower and serve with the Pork & celeriac.

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