COURGETTI SPAGHETTI

- 50g Courgette
- 12g Streaky bacon rashers
- 30g Chopped tomatoes - NAPOLINA
- 15g Mushrooms
- 16g Onion
- 38g Double cream - MORRISONS
- 10g Olive oil

You will also need approximately ¼ teaspoon of dried herbs and seasoning.

Gently fry the chopped onion in the oil until soft, then add the chopped bacon and mushrooms.
Fry for 2-3 minutes then add the tomatoes and herbs. You can add 30mls of water with a small amount of stock cube or a few drops of KNORR Tough of Taste.
Cook for approximately 6 minutes.
Make the spaghetti from the courgette by either putting through a Veggetti gadget or you can achieve it by first cutting in to strips and then making it finer with a vegetable peeler.
Gently heat the cream with a little seasoning, stir in the courgetti and warm through – 2 minutes should be long enough. If you want the ‘spaghetti’ softer just cook for a little longer.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

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