MOUSSAKA

- 20g Crème Fraiche - MORRISONS
- 7g Cheddar Cheese
- 40g Tinned Chopped Tomatoes Napolina
- 31g Chestnut Mushrooms
- 5g Celery - chopped
- 24g Courgette - thinly sliced (at least 12 slices)
- 15g Spring Onions- chopped
- 4g Couscous - MORRISONS PLAIN
- 1g GIA Tomato & Garlic Paste
- 3g Butter
- 19g Olive Oil
- 1g Knorr LAMB Stock cube
- Pinch of Nutmeg

Fry chopped celery, onions, mushrooms and Gia paste in the butter and oil for 2 minutes. Add tomatoes with 1g of Knorr lamb stock cube and 30ml of water and simmer for 5 minutes.

Stir in the dry couscous.

Starting with the sliced courgette, layer in a ramekin with the tomato mix, ending with courgette.

Mix together the finely grated cheese & crème fraiche, put on top & sprinkle on a small pinch of grated nutmeg.

Cook in oven for 20-25 minutes 180c / gas 4

Mo’s tip: You will find that adding the couscous dry at the late stage will help to absorb the oil, as couscous is pre-cooked and only needs rehydrating.

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

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