SAUSAGE RISOTTO

- 87g Skinny pasta rice
- 20g Frankfurters - HERTA
- 24g Mushrooms
- 11g Butter
- 18g Olive oil
- 16g Sweetcorn – GREEN GIANT – drained
- 2g Cornflour

You will also need some GIA garlic paste and ¼ KNORR stock cube.

Dissolve the stock cube in 30mls of hot water to make gravy.
Prepare the skinny pasta rice by rinsing well under running cold water, then heat in fresh water for 2 minutes and drain.
Chop the mushrooms and fry in oil, add the butter, cornflour and gravy and cook for 1 minute.
Stir in sliced frankfurter, sweetcorn, Gia garlic paste and rice, heat for 2 minutes.
Season to taste.

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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