CAULIFLOWER CHEESE and PORK DINNER

- 21g Pork loin chops
- 39g Celeriac
- 30g Cauliflower
- 30g Double cream - MORRISONS
- 17g Cheddar cheese - CATHEDRAL CITY MATURE
- 4g Sunflower oil

You might also need English mustard (optional).

Cut the celeriac in to cubes or chips, fry in the oil until almost done then add the pork, it will cook quickly.
Remove and keep warm.
Boil the cauliflower in unsalted water until cooked.
Heat the cream with a tiny amount of English mustard (optional), stir in the cheese until it melts in to a smooth sauce.
Pour the sauce over the cauliflower and serve with the pork and celeriac.

Mo’s tip: I buy very thin pork loin chops from MORRISONS (they are great).
You can substitute the pork with other

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