SAUSAGE CASSEROLE

- 21g Sausages – BLACK FARMERS DAUGHTER - chipolatas
- 18g Carrots
- 23g Celeriac
- 11g Spring onions
- 26g Cabbage
- 25g Sunflower oil
- 5g Clotted cream

You will also need 70mls of stock made with KNORR stock cube or stock pot and a little Gia garlic paste.

Dice the carrot and celeriac and boil for a few minutes until tender.
Shred the cabbage.
Fry the sausage in the oil and set to one side.
Fry the chopped onions and garlic paste in the oil.
Add the stock and the cabbage, cook until tender.
Put the sausage, carrot and celeriac back in and cook for a further minute.
Stir in the clotted cream.

**Mo’s tip:** Check seasoning, but the stock cube should be sufficient.

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**