CELERIAC NOODLES with MUSHROOM SAUCE

- 100g Celeriac
- 38g Tinned tomatoes
- 18g Spring onions
- 50g Mushrooms
- 40g Double cream – including Jersey cream
- 13g Olive oil
- 6g Parmesan cheese - fresh

You will also need 100mls of stock made from KNORR vegetable stock cube, a good pinch of mixed herbs and 1/8 teaspoon of GIA garlic paste.

Reserve the parmesan.
Spiralize the celeriac to make noodles.
Make the sauce by chopping the onion and mushroom then fry in the oil until tender.
Add the tomatoes, garlic and herbs with the stock, simmer for a few minutes.
Cook the celeriac noodles in boiling water for approximately 3 minutes, then drain well.
Stir the cream in to the sauce and heat until hot.
Pour sauce over the cooked noodles.
Serve sprinkled with the parmesan.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

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

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