SAUSAGE CASSEROLE

85g Sausages – BLACK FARMERS DAUGHTER - chipolatas
19g Carrots
30g Celeriac
15g Spring onions
35g Cabbage
15g Olive oil
8g Double cream
23g Bacon rashers - back

You will also need 100mls 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 and bacon in the oil until cooked and set to one side.
Fry the chopped onions and garlic paste in the same pan.
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 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