FRANKFURTER RISOTTO

- 14g Butter
- 35g Mushrooms
- 50g Frankfurter – MORRISONS VACUUM PACK
- 28g Olive oil
- 80g Cauliflower
- 16g Sweetcorn

You will also need some GIA garlic paste and ¼ KNORR chicken stock cube dissolved in 50mls of hot water.

Grate the cauliflower, chop the mushrooms and slice the frankfurters.

Fry the mushrooms in the oil, add the butter, the dissolved stock cube and cook for one minute.

Stir in the sliced frankfurters, sweetcorn, Gia paste and grated cauliflower, cook for a further 2 minutes.

Season to taste.

Mo's tip: You could add some dried herbs.

I used frozen sweetcorn.

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