CELERIAC ROSTI

- 6g Spring onions
- 12g Sunflower oil
- 8g Mature cheddar cheese
- 80g Celeriac

You will also need a little salt.

Grate the celeriac and cheese.
Chop the onion as finely as you can.
Mix together with a little salt.
Heat the oil in a medium frying pan.
Place the celeriac mixture in 3 heaps in the frying pan and then flatten.
Cook on a medium heat for 2 or 3 minutes, when they are brown turn them over and cook the other side.

Mo's tip: These make a substantial 3:1 snack.
If you want to serve just one piece as a side dish, the others will keep in the fridge for 2 days and re-heat well.
If you have any leftover boiled celeriac you could grate it and use in this recipe but you will need 95g of it to achieve the same values.

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