TUNA CASSEROLE

You will also need a pinch EACH of garlic powder, onion powder, plus a clove of garlic, some dried herbs and some seasoning to taste.

Pre heat oven to 200c / fan 180c / gas 6
Chop the onion, pepper and celery and sauté in the butter until tender.
In an ovenproof dish, place the tuna, mayonnaise, grated cheese, dried herbs, onion and garlic powder.
Gently mix in the veg.
Bake in pre heated oven for 15 minutes.
Warm the olive oil in a small pan with ¼ of a peeled garlic clove and heat gently to infuse for a minute or two.
Steam the spinach, remove the garlic from the oil and drizzle the oil over the spinach.
Serve with the spinach.

Mo’s tip: If preferred you can use cheddar cheese in place of parmesan.
I put the oil in a ramekin with the garlic and warmed in the microwave for 20 seconds.

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