PASTA DISH USING SLIM PASTA

- 90g Large size hotdogs - WIKINGER
- 95g Pasta sauce – SACLA INTENSO
- 120g Fettuccine - SLIM PASTA

Start by thoroughly rinsing the slim pasta in several changes of water.
Follow the packet instructions for heating.
Slice the hotdog and heat in the sauce, add the slim pasta and serve.

Mo’s tip: Serve with fresh parmasan cheese which will add more fat and protein, but 2g is plenty when finely grated.
The pasta sauce was purchased from Tesco.

Slim pasta does not suit everyone as it can be difficult to digest!!
Please follow the preparation instructions carefully and always check with your dietitian before using any new products.

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