PASTA DISH USING NICK’S PASTA

- 90g Frankfurter – MORRISONS VACUUM PACKED
- 63g Pasta sauce – SACLA INTENSO
- 20g Green soybean Fettuccine – NICK’S

Cook the pasta for a few minutes – follow the instructions on the packet.
Slice the frankfurters and heat through in the pasta sauce.
Stir in the cooked pasta just before it is ready to serve.

Mo’s tip: Can be served with fresh parmasan cheese 2g is plenty!
This recipe will easily take some extra oil if needed!
The pasta sauce was purchased from Tesco.

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.