

Celeriac - Alternative creamy mash

A simple mash – use 1 celeriac, 50g butter, salt and pepper

Peel and chop celeriac into 2cm cubes, boil (or steam) until tender, then mash with the butter

Celeriac ‘chips’ parboil and roast as you would parsnips

What else might go well with celeriac? Garlic, nutmeg, crème fraiche, grated cheese?

Potatoes mashed	1 scoop (60g)	9g carbs	17.5/ 100g carbs
Celeriac (raw)	100g	2.8g carbs	2.8g / 100g

Simple, healthy ‘mince’ serves 4

Lentils, boiled	2 tbsp (60g)	10g carbs	18g / 100g carbs
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Ingredients:

- 1-2 tbsp olive oil
- 1 large onion, finely chopped, 2 cloves of garlic
- 150g carrot & 150g mushrooms, finely chopped
- 2 sticks celery
- 400g / tin green lentils (with no added salt)
- 1 tin tomatoes
- 1 heaped tbsp tomato puree
- 1 tbsp of dried thyme / oregano
- 1 tbsp Worcestershire sauce
- salt and pepper, for seasoning

Fry off the onion, garlic and herbs, then the vegetables for 10 minutes

Add the lentils, tomatoes and flavourings

Bring to the boil, then simmer for 30 minutes

Approx 30g of carb per serving

Courgette noodles / Courgetti

Spaghetti white cooked	small serving (100g)	35g carbs	35/100g carbs
Spaghetti white raw	50g	35g carbs	70/100g carbs
Courgette	100g	1.8g	1.8g/ 100g carbs

Use a peeler or spiralizer to create your noodles, a low carb alternative to spaghetti or rice noodles, tips:

- Choose firm courgettes
- Don't pre-salt your courgettes
- Avoid peeling before spiralising.
- Don't cook for too long

You can serve them raw or to cook – blanch in boiling water for 30 seconds, then drain well

Red pesto (to serve 4)

approx. 7g carb served with ½ medium courgette

Blitz in a food processor:

60g sundried tomatoes

125g toasted pine nuts

Roasted garlic clove

3-4 tbsp olive oil

Basil / oregano and seasoning

Green pesto (to serve 4)

- 50g/2oz basil
- 30g/1oz pine nuts, toasted
- 30g/1oz parmesan, or similar vegetarian hard cheese, freshly grated
- 1 clove garlic, crushed
- 85ml/3fl oz olive oil
- salt and freshly ground black pepper

Put the basil, parmesan, garlic and pine nuts into a food processor and season well.

Whiz together and with the motor still running, pour the oil in until the pesto thickens.

Store in a clean jar in the fridge covered with a slick of oil to prevent it drying out.

Cauliflower rice

Rice	50g raw 150g cooked	50g 50g	90 30
Cauliflower raw	100g	2.7g	2.7g

Use cauliflower rice in recipes that call for rice, such as curries, stir fries or fried rice!

To prepare: Remove all greens and wash and thoroughly dry cauliflower.

A) Box Grater - Cut the cauliflower into large chunks and use the medium-sized holes (used to grate cheese) to grate into "rice." or

B) Food processor - Cut into small pieces and use the grater attachment to grate the cauliflower into "rice."

Optional: Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy.

To cook:

A) **Sauté** in a pan over medium heat in 1 Tbsp of olive oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for 5-8 minutes, then season as desired

B) **Oven cook**, spread out evenly on a large baking tray. Drizzle with olive oil and roast for 12 minutes at 200C/180C fan/gas 6, turning half way through.

C) **Microwave** fresh cauliflower rice in a heatproof bowl, covered with cling film, for three minutes on High. If using from the freezer, microwave for four minutes on High, mixing the 'rice' half way through cooking.

D) **Steam** for about 5-7 minutes until, the cauliflower is tender but still has a crunch

To store

Store leftovers in the refrigerator up to 5 days. Store **uncooked** cauliflower rice in the freezer up to 1 month.