



Keto Cauliflower Stuffing

Ingredients

- 1 medium head cauliflower florets only, chopped small
- 1 onion finely diced
- 2 garlic cloves minced
- 2 sticks celery finely diced
- 3 tbsp ghee/butter, melted
- 1/2 - 1 tsp salt or to taste
- 1/4 tsp pepper
- 4 cooked vacuum packed chestnuts chopped
- 1 tbsp rosemary chopped
- 1.5 tsp fresh sage chopped
- 1 tsp thyme chopped
- 1/4 cup shelled pistachios chopped
- 1 lb sausages

Instructions

1. Preheat oven to 429. Line a baking tray with greaseproof paper.
2. Mix the cauliflower florets, onion, celery, and garlic. Toss with 2 tbsp ghee or butter and seasoning.
3. Spread in a single later and roast for 15 minutes. Add the herbs, pistachios and chestnuts. Stir to combine and roast for a further 15 minutes until the cauliflower is browned and the onion caramelized.
4. Meanwhile add the remaining oil, ghee or butter to a pan. Remove the sausage meat from the skin using a shape knife to slice the skin. Crumble the sausage meat into a pan and break with a wooden spatula. Cook for approximately 7 minutes on a medium heat until it is browned.
5. Combine all ingredients in a large roasting pan and cook in the oven for about a further 10 minutes, or until the sausage is slightly crisp on top. Option to scatter with fresh thyme to serve.

Total Carbohydrates: 7.4g | Protein: 10.7g | Fat: 16.2g |