

Thai Crab Cakes and Celeriac Chunky Chips



1.5:1 ratio

- **Preparation time:** 25 - 30 minutes (excluding MKD bread roll)
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	58.5g	51g LCT	
		7.5g MCT	
Protein	33.7g		
Carbohydrate	4.5g		
Energy (calories)	679kcal		

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Ingredients	Quantity	Your recipe
Celeriac Chunky Chips		
Celeriac, peeled	75g	
Vegetable oil* for deep fat fryer	As per manufacturer's instructions	
Crab Cakes		
MKD bread roll (see recipe, contains MCTprocal)	½ roll (25g)	
K-Quik	25g	
Chilli powder	0.5g	
Ground ginger	0.5g	
Coriander, fresh and finely chopped	2g	
Thai 7 spice, Schwartz	1g	
White crab meat, tinned	125g (drained)	
Egg, beaten	25g	
Spring onions, finely chopped	5g	
Olive oil	15g	
Chilli Mayo Dip		
Mayonnaise, full fat e.g. Hellman's	30g	
Chilli powder	0.5g	

*approximately 4g oil absorbed in cooking process and factored into nutritional content

Method:

Celeriac chips

1. Preheat the vegetable oil in the deep fat fryer at 160°C.
2. Cut celeriac into chips of approx. 9cm in length by 2cm thick to make 5 chips
3. When ready to cook the crab cakes, place the celeriac chips into basket of the fryer and lower into the oil, cook for 5 minutes.
4. Lift basket out of fryer and shake the chips to remove excess oil.

Thai crab cakes

1. Blend the MKD bread roll to a breadcrumb texture.
2. Mix all the crab cake ingredients in a bowl, except for the olive oil, until combined.
3. Divide the crab cake mixture into 2 equal portions, and using your hands shape into 2 cakes.
4. Heat the olive oil in a frying pan over a low heat. Fry the crab cakes for 2 minutes on each side, ensuring to soak up all the oil.

Chilli mayo dip

1. Mix the mayonnaise and chilli powder together and serve with the crab cakes and chips.



Always check with your dietitian what is suitable for you

- Use celeriac mash instead of chips! (see recipe)

MCTprocal and K-Quik are foods for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergen and other product information.