

Breaded Cod Goujons



2.7:1 ratio

- **Preparation time:** 15 minutes (excluding MKD bread roll)
- **Cooking time:** 2 minutes
- **Recipe makes** 1 portion (4 goujons)

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	63.5g	53.9g LCT
		9.6g MCT
Protein	19g	
Carbohydrate	4.5g	
Energy (calories)	666kcal	



Enhancing Lives Together



Breaded Cod Goujons

Ingredients	Quantity	Your recipe
Vegetable oil * for deep fat fryer	As per manufacturer's instructions	
MKD bread roll (see recipe, contains MCTprocal®)	⅓ roll (34g)	
Cod, skinless loin, raw	60g	
MCTprocal®	10g	
Egg, beaten	20g	
Olive oil	10g	
Mayonnaise, full fat e.g. Hellman's	20g	

*approximately 18g oil absorbed in cooking process and factored into nutritional content

Method:

1. Preheat the vegetable oil in the deep fat fryer at 160°C.
2. Blend the portion of MKD bread roll to a breadcrumb texture, add to a bowl.
3. Add MCTprocal® into another bowl and egg into a third bowl.
4. Mix the oil into the beaten egg.
5. Slice cod into 4 strips, dip each cod strip into MCTprocal®, then into the egg and oil mixture, and lastly into the breadcrumbs, coating well at each step and place on to a plate. Ensure they are well coated, and all 3 bowls are empty.
6. Using tongs, place the cod pieces into the fryer, cook for 2 minutes.
7. Using tongs, remove the cooked cod from the fryer whilst gently shaking excess oil before serving with mayonnaise dip.



- Add curry powder to the mayonnaise for some spice!



Always check with your dietitian what is suitable for you

- Serve with celeriac chunky chips! (see recipe)

MCTprocal is a food for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a ketogenic diet.

Refer to labels for allergen and other product information.