

# Thai Crab Cakes and Celeriac Mash



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	59.4g	46.9g LCT	
		12.5g MCT	
Protein	33.9g		
Carbohydrate	5g		
Energy (calories)	690kcal		



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Ingredients	Quantity	Your recipe
<b>Celeriac Mash</b>		
Celeriac, peeled and chopped	100g	
<b>betaquik</b>	25g	
Butter	4g	
Salt and pepper	to taste	
<b>Crab Cakes</b>		
MKD bread roll (see recipe, contains <b>MCTprocal</b> )	½ roll (25g)	
<b>betaquik</b>	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	
<b>Chilli Mayo Dip</b>		
Mayonnaise, full fat e.g. Hellman's	25g	
Chilli powder	0.5g	

## Method:

1. Add celeriac to a saucepan, cover with water. On a high heat bring to a boil, reduce heat to simmer for 10-15 minutes or until soft, drain well.
2. Blend the MKD bread roll to a breadcrumb texture.
3. To make the crab cakes, mix all the crab cake ingredients except for the olive oil, until combined.
4. Divide the crab cake mixture into 2 equal portions, and using your hands shape into 2 cakes.
5. Heat 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.
6. Add celeriac to a bowl with **betaquik**, butter, salt and pepper, using a hand blender blend until a thick puréed texture.
7. Mix the mayonnaise and chilli powder together and serve with the crab cakes and mash.

Serving Suggestion

Always check with your dietitian what is suitable for you

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

MCTprocal and betaquik 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.