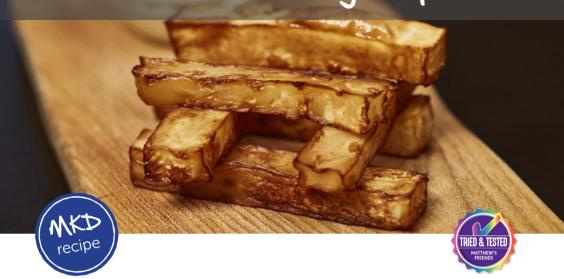
Celeriac Chunky Chips



4:1 ratio

• Preparation time: 10 minutes

Cooking time: 5 minutes

• Recipe makes 1 portion (6 chips)

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	15.7g	
Protein	1.3g	
Carbohydrate	2.5g	
Energy (calories)	157kcal	



Celeriac Chunky Chips

Ingredients	Quantity	Your recipe
Celeriac, peeled	100g	
Vegetable oil* for deep fat fryer	As per manufacturer's instructions	
Mayonnaise, full fat e.g. Hellman's	13g	

^{*}approximately 5g oil absorbed in cooking process and factored into nutritional content

Method:

- 1. Pre-heat oil in fryer to 180°C.
- 2. Cut celeriac into chips of approx. 9cm in length by 2cm thick to make 6 chips, place into basket of the fryer and lower into the oil, cook for 5 minutes.
- 3. Lift basket out of the fryer and shake the chips to remove excess oil, turn out on to a tray lined with kitchen roll to absorb further excess oil.
- 4. Serve with full fat mayonnaise.



• Add curry powder to the mayonnaise for some spice!



Always check with your dietitian what is suitable for you

- A great side to add to many meals!
- Serve with aioli (see calamari with aioli dip recipe)

